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HE & E

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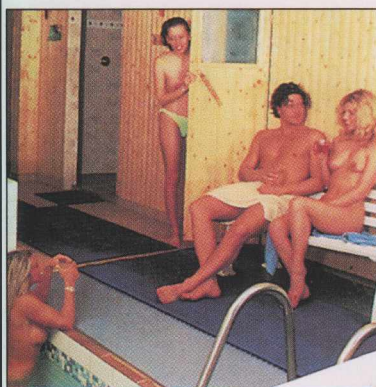
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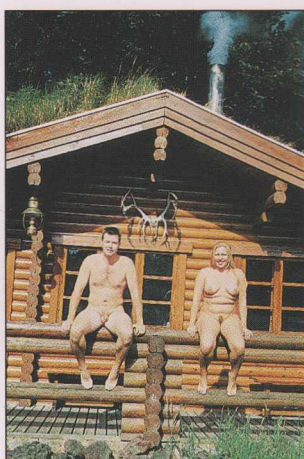
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WHAT GLAMOUR?

Naturist videos are great for sampling the delights of naturism, a resort or club before taking the plunge, and some people just enjoy watching them for their own sake. The last thing anyone should do is dictate to others why they should watch a video. On the other hand, some of us have some very odd ideas about what a naturist video should be.

Ask Charlie Simonds. His videos often come in for flak for their more “glamorous” portrayal of naked life. This month H&E looks behind the scenes of a naturist video shoot - and it's not all exotic settings and erotic women. And for fans of France we get a flavour of the country behind Charlie's latest video.

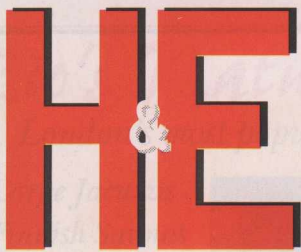
We also focus in on Spain's undiscovered coast, La Costa Verde, and its vast opportunities for naturism. There's a report on an amazing sauna centre in Holland - those lucky Dutch - and a look at wonderful Wales and its naked beaches.

For camera buffs and amateur snappers alike, there's news on the photographic revolution which means ultimate privacy for our naked pictures. And for health enthusiasts you can have a good laugh as I'm contorted into the most painful positions in the name of an amazing new French therapy.

Autumn might be descending but you've got a lot more naked living to look forward to. . .



**HELEN
LUDBROOK**



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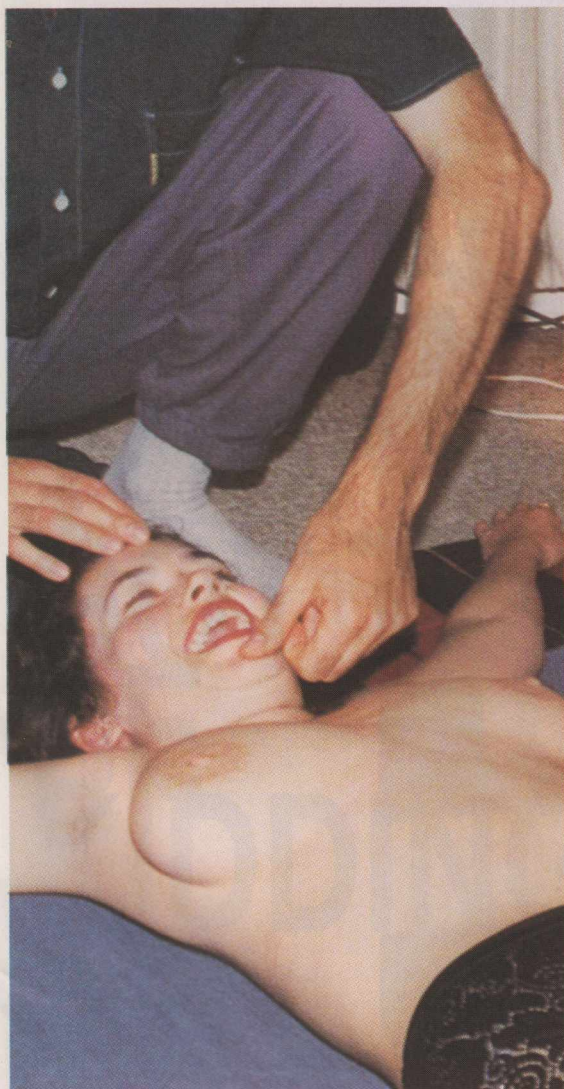
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THE 98th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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Charlie Simonds' videos are both enjoyed and maligned by the naturist community. Mike Gregor took part in Charlie's French shoot to see if the accusations were true

LAZILY



LANGUEDOC?

YOU'VE
GOT TO
BE
KIDDING!

The wild and rugged lands of the Languedoc area of southern France stretch all the way from the Rhone valley to the mountain foothills of the Spanish Pyrennes. Its golden coastline is washed constantly by the warm waters of the Mediterranean sea under an almost perfect sun.

No wonder this place has become so popular with holidaymakers of every kind. It is supposed to be the sunniest place in the whole of the country and naturally, as this is France, there are also many naturist places to stay at or to visit for the day.

That is, of course, the main reason why Charlie Simonds chose this beautiful, unsophisticated part of France as the location for his latest naturist video, "Lazily Languedoc". Charlie and the girls; Wendy, Angie, Marieke and Holly, were to be the guests of Mike and Barbara who live in the area. The team stayed at Mike and Barbara's house in the centre of the Aude region for the whole of the filming.

Their small village is surrounded by the vast acres of vines and fruit orchards of this agricultural area. It's also ideally placed for the wild hills of Garrigue and the superb beaches of the Med. These beaches have miles of soft sand and are as ideal for swimming and sunbathing as they are for fun and games. It was on one of these beaches that the girls ran rings round Mike and Charlie in a footie match. These two team captains eventually fell down in complete exhaustion.

Further along the coastline are dotted newly-built marinas with glamorous motor-yachts, sailing boats, and bars and restaurants. These places are full of life and excitement in the evenings. Angie somehow managed to persuade Charlie to return for more than one night-time shopping expedition!

The whole area is criss-crossed with rivers and canals, including the famous Canal du Midi and one of the huge inland lakes, called etangs, even has a little naturist beach of its own. An incredible day's filming took place on one of these etangs called the Lac du Thau as guests on the boat belonging to one of Charlie's old sky-diver friends. This chap, when not resting in the lap of luxury on his own craft, skips the motor yacht of a famous Hollywood movie star. The interior of John and Inkea's magnificent boat had to be seen to be believed. It was the height of luxury and was more like an ocean-going liner than the Dutch barge it had been converted from.

Naturally, as one of the major centres of wine-making in France, there was plenty of opportunity to sample the produce. Almost a whole day was spent at one of the largest wine producers in the area, which also had a museum and a number of specialist artisan shops.

An essential part of the schedule was a trip to one of the many famous and breathtakingly beautiful hill top villages once occupied by the Cathars, a strange religious order that had lived here in the 13th century. The nearest one to our village location was also one of the prettiest. It was reached by a scenic route that passed alongside the spectacular Cesse valley - a deep winding rocky gorge with remarkable overhanging rocks millions of years old.

There are literally thousands of places to stay in the Languedoc either with full naturist facilities, or at spots which are convenient for naturist venues. Peng Travel run package holidays to the area and Interhome (UK) Ltd on 0181 891 1294 have a full range of non-naturist but self-contained villas and apartments to rent. Keep your eye on H&E's classified section for other accommodation on offer.

The best way to see the region before committing yourself to a holiday is to watch Charlie Simonds' latest video "Lazily Languedoc", £21.99 (inc p&p in UK add £1.00 per item in Europe and £2.00 elsewhere) from H&E Marketing on 0181 983 9969.

An eye from the inside

Although I've been a naturist for 29 years, until a few months ago I have never seen a naturist film or video. I just happened to be chatting to Charlie Simonds, the well known maker of naturist videos, and mentioned this in passing. A day or so later one of his videos landed on my doormat.

After I'd seen the film I got a call from Charlie eager



In front of the camera; Wendy and Mike



"ANGIE SOMEHOW MANAGED TO PERSUADE CHARLIE TO RETURN FOR MORE THAN ONE NIGHT-TIME SHOPPING EXPEDITION!"

for my opinion of the film. He told me in some areas of the naturist community his films rejected for containing an element of glamour that isn't considered "genuine naturist". I have been witness to all manner of discrimination in naturist circles but I could hardly believe my own eyes and ears.

This kind of allegation certainly warranted a little more investigation, so a few days later after a long, lingering and delicious lunch with Wendy and Charlie I was invited to accompany them on the making of their next video to see exactly how it was done.

A few weeks later my invitation was extended to actually having a small part in the film - and so it was I found myself in the unique position of being on both sides of the camera.

Now having first seen one of Charlie's films I have to say they're certainly professionally made. And the girls in them are pretty and yes, if you like, glamorous - but why ever not? I know for sure that every one of them is also a genuine naturist, and as far as any glamour in making the film is concerned, you can forget it. It is work, work and even more work.

I already knew all about Charlie's background; ex-parachute regiment, daredevil pilot and champion skydiver (who incidentally was the England team coach and an international judge for years). Is there anyone out there who dare say Charlie is not a proper naturist?!

I was soon introduced to the rest of the group and what a marvellous team they turned out to be. A really marvellous group of



girls: hard-working, enthusiastic, dedicated, full of energy and a sense of fun, and all absolutely devoted to Charlie and he to them.

I had already met Wendy - dancer, actress and co-producer of Parafotos. Surely her naturist credentials could not be in dispute. Holly, whose father was a well-known TV actor, lives in Spain where she helps run a restaurant, is fairly new to naturism. But she says she would never go back to her old (textile) way of life now she has discovered the freedom of natural nudity.

The youngest of them all, the beautiful Marieke from Holland, is a student of art and design but works each summer at a French naturist resort. Finally there was the indomitable Angie, almost five feet nothing of unquenchable spirit and the team "lucky mascot". Angie is a dancer and a model, but does that mean she can't be naturist as well?

I was soon given the low-down on our filming schedule and my first lesson was that all films (even naturist ones) have a budget to keep to. This meant as only a certain number of days are available for the work to be done, come rain or shine, heat or cold, the filming must go on.

Every day began at the crack of dawn - except for Charlie who was always up at some unearthly hour, fiddling about with great lumps of cable before bringing us our morning cuppa in bed, leaving the girls to fight over who gets into the bathroom first.

After a quick breakfast everyone helped to load the masses of heavy filming equipment into the truck, and it was "off we go!"

As most of us know too well, most places where one can strip off are fairly inaccessible. Charlie was forever on the lookout for the most



"I WAS SOON GIVEN THE LOW-DOWN ON OUR FILMING SCHEDULE AND MY FIRST LESSON WAS THAT ALL FILMS (EVEN NATURIST ONES) HAVE A BUDGET TO KEEP TO."



Wendy is involved in all aspects of the video

The girls, ready to push Charlie out of trouble!



exciting and spectacular locations. This often mean a death-defying drive along a narrow, crumbling road followed by an incredible trek down tiny rocky paths to the final destination. This was all achieved whilst loaded up with heavy film equipment - did I hear someone say glamour? More like pack horses. But when the clothes came off and the filming began it was smiles, fun and laughter all round - and it was genuine too.

Anything could and anything did, all conspire to stop the filming, usually at the most inopportune moment. It could be as simple as a stray dog sniffing at Charlie's backside just as he was about to film a scene he'd taken three hours to set up, other times it was more troublesome.

On one occasion the whole scene was set for Wendy to launch into her "this is the way to the naturist beach" introduction when from the nearby woods erupted the noise of four or more chain saws. It was my job to find the miscreants and to eventually get them to hear me through their ear muffs and silence them for the few minutes it took them to complete the shot.

Whatever the problem, the girls seem to meet every mishap with a smile of grim determination. One wet and miserable day while out searching for a deserted spot, our heavily loaded vehicle, got stuck deep in the mud. Just try to picture, if you can, our four glamorous and curvaceous models (and me), ankle deep in thick smelly mud with sweat pouring from them as they heaved and shoved, finally managing to get Charlie out of trouble again!

There was usually a very quick break for lunch, usually eaten on the move, before reaching the second location. Filming went on for as long as the light was good, and then tired and weary we made our way back home to clean up after yet another hard day's work. Then it was time to relax? You must be kidding!

It was the start of what seemed to be yet another day's work, only this time on the evening shift. After everyone was cleared up, it was time to sit back with a drink and watch the rushes. This was to make sure everything filmed that day had come out right, otherwise it was back to the drawing board the next day. Even when we went out for meals it was included in a holiday scene and the filming did

not stop. We were rarely in bed before midnight and for those of us on the cleaning roster it was after that. And so it went on - and on - for almost two whole weeks.

So, dear reader, when you buy your next Charlie Simonds film, pop it into your video player, open your crisps, get out the beer and enjoy the naked antics of four pretty girls enjoying the sun and sea, you will have the pleasure of knowing just a little of what went on behind the scenes... **HE**

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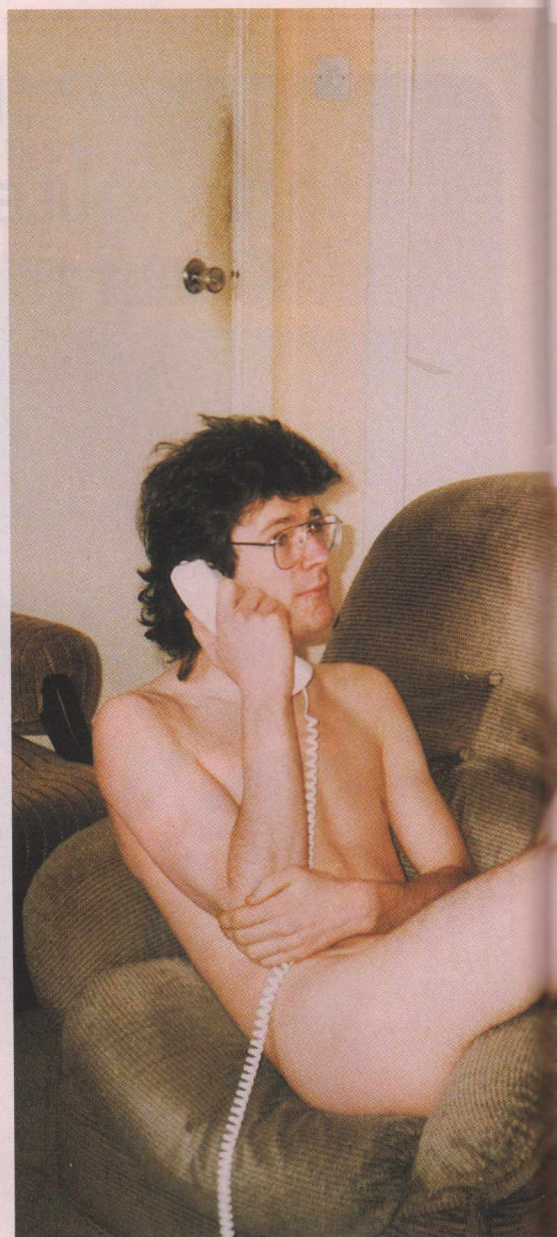
Five steps to naked living

For as long as I can remember I have enjoyed being naked. Even as a young boy, I would love the feeling of running free outside, whenever I thought I could do so safely. I always thought there was something wrong with me for wanting to do so. After all, such inclinations weren't considered normal, were they?

I had heard of naturism of course, but had suspected for many years that such a thing didn't really exist. It was



Some things are
'frowned upon'!



simply a fictional pursuit created by the manufacturers of saucy postcards. But wouldn't it be great if there were others out there, who thought like me?

Well, I was astonished to discover via a Channel Four documentary that yes, there were people out there who enjoyed the feel of the sun and wind on their bodies. So I set out to join them, here's what I did:

Step One. I bought the magazine mentioned in the programme, H&E, looking for some clues as to how to get involved. It was very informative but some things mentioned took me by surprise. Erections were frowned upon. I thought this was potential problem, but one which could be solved by carrying a towel around with me! Single men were unwelcome in many clubs, this was something I would have to handle later.

Step Two. I was inspired by an article on life modelling. I wasn't a naturist yet but this was just one step away, wasn't it? So I took up modelling - it taught me self-control and to be at ease with my body.

Step Three. I joined a club which welcomed single men. The people were nice, I was past the over-active willy stage, and could relax wandering around without my towel! But I didn't

NAKED LIFE - THE WAY YOU LIVE IT!



like the hassle of going to the club, stripping off indoors, then going for a drink later. It seemed too ritualised, and I fell out of the habit of going.

Step Four. I wrote to H&E's letter page in attempt to start up a more informal group of like-minded people. I'm still in touch with of those who responded but we're yet to meet up.

Step Five. Since then I've combined my interest with another hobby - photography. I spent an enjoyable couple of hours at Craigmillar Castle, modelling for a friend. I've sent some of them to a modelling agency and I'm waiting for them to get in touch. I might wait for ever, being a bit of an ugly sod, but I'm trying anyway.

My last action has been to send H&E these pictures in the hope of enticing other naturists, models and photographers to get together and organise outings, friendships and associations. Come on get in touch, you won't regret it.

Graham Farquhar
5 (third floor flat) Pepper Place
Craigmillar
Edinburgh
Scotland
EH16 4BB

"STEP ONE. I BOUGHT THE MAGAZINE MENTIONED IN THE PROGRAMME, H&E, LOOKING FOR SOME CLUES AS TO HOW TO GET INVOLVED. IT WAS VERY INFORMATIVE."

NAKED LIFE - THE WAY YOU LIVE IT!

Wot no film?!

A revolution in the camera industry has particular significance for naturists. Charlie Simonds reports

Wouldn't it be good if you had no more concerns about having your naturist snaps scrutinised at Boots? And not have to pay over the odds for one hour processing? With the advent of filmless cameras, this is now a reality. What's more, with the rapid development of the relevant technology, picture quality is bound to improve and prices will soon be dropping dramatically.

How do these mini-miracles work? In simple terms, filmless cameras use digital technology to store a number of images. These images can be either printed by the user on a dedicated printer, downloaded onto a personal computer and then printed, e-mailed world-wide, or erased from the memory if not required.

Olympus Cameras currently offer a choice of three digital cameras. Top of the range at around £950 is the C-800L with a 6MB memory to store 30 images in High Quality Mode or 120 in Standard Quality Mode from a 810,000 pixel imager (the more pixels, the better the quality of the final result).

Middle of the range at around £500 is the C-400L with a 2MB memory to store 20 images in HQM or 80 in SQM from a 350,000 pixel imager. Both the C-800L and the C-



Printed from the Olympus P - 150E

400L have a 4.5cm colour LCD monitor on the back of the camera which allows the image to be viewed immediately after the photograph has been taken.

The least sophisticated C-400 with a 1MB memory storing 12 and 36 images respectively is on sale for £400. The dedicated P-150E printer (£400) can produce postcard size prints from all three cameras or a supplied kit enables the user to download the images onto a personal computer. Using the latter is an obvious choice for computer buffs as the images can be enhanced and/or sent via e-mail to the relatives in Australia.

Our friends at Olympus kindly loaned Wendy and me a C-400L to test during our filming trip to the Languedoc and I have to say we were both mightily impressed. The camera itself looks like a slightly bulky compact camera and has all the usual features, including three flash modes, and is operated in a conventional way. Also included in the kit is a mains adaptor which is very useful as the camera uses a fair amount of battery power in its operation.

We had enormous fun with it and the little colour LCD monitor on the back is great for showing the subject the pic you've taken only 5 seconds before! We printed some of the results using the dedicated printer and our computer printer. Admittedly the images didn't have the quality of conventional film cameras, but we're convinced it won't be long before the gap is closed. Olympus confidently predict they will be producing a high quality digital camera for under £100 by the turn of the century.

The Daily Telegraph recently did a survey on six currently available digital cameras and the Olympus C-800L was awarded nine out of a possible ten; a result only equalled by its Kodak competitor. We don't think it will be too long before we have an Olympus digital camera in our hold-all as they undoubtedly offer an exciting and innovative future for still photography.

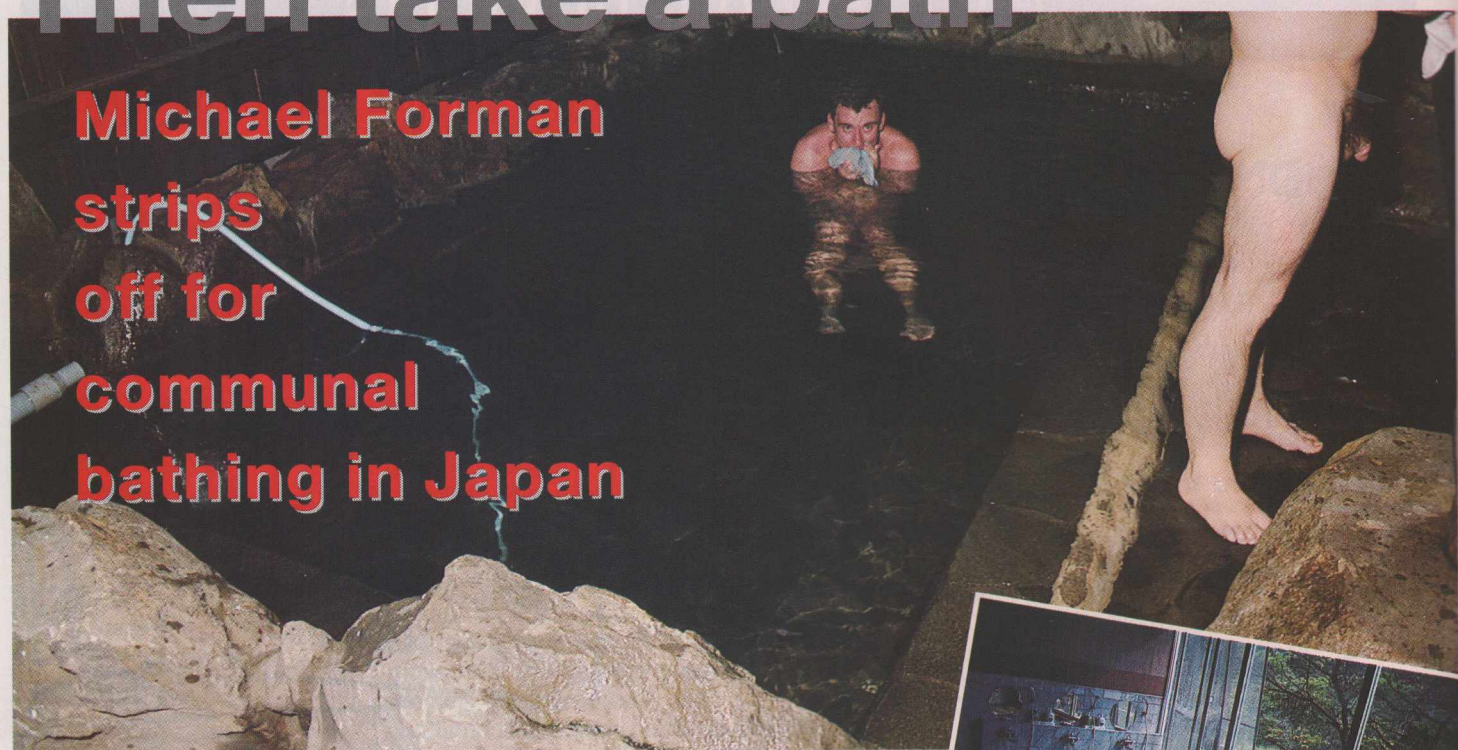


The future of naked photography?

NAKED LIFE - THE WAY YOU LIVE IT!

Feel like a drink? Then take a bath

Michael Forman
strips
off for
communal
bathing in Japan



When most people think of Japan, not many would consider the possibility of nudism. Not even the most hardened naturists would be aware this highly homogenous culture has existed with nudity as part of life for hundreds of years. Long before nudism became fashionable to European man, the people of Japan had already cornered the market in the form of communal bathing.

To the Japanese, taking a nude bath with others present is as routine as brushing your teeth. It was a meeting place, a place to relax and unwind and catch up on the local gossip. Originally, both sexes would bathe nude together in a large artificially heated bath or perhaps a volcanically warmed Onsen (Japanese word for natural bath) heated by one of the many underground fissures so well known to the islands of Japan. For hours on end, people would sit and chat about the simple things and relax in the warm invigorating waters.

The water in the Onsens contain minerals that are said to be very therapeutic for the body and for the people living in the country area of Japan. This kind of bath is popular even today. Many of the elderly will travel miles just to sit in the warm and invigorating waters and recuperate. The hot water bubbles up from underground and forms a stream or a creek. It then flows downhill and settles in natural rock pools in the open

environment. Whatever your status in the community you could sit here and "catch up" with your neighbour.

And this is how it was for centuries until the powerful influence of western society came to Japan. Visions of the outside world had now been shown to the eyes and ears of the Japanese people and they saw how other cultures valued solitary bathing or at the very least same sex bathing. Dramatic changes took place within the baths and soon men and women had separate facilities.

The baths of today are high tech. The communal Onsen is usually housed indoors. Many proprietors have installed hot saunas and cold plunge pools for patrons to enjoy as an extension to just bathing. Showers and mirrors are provided and in most hotels where a communal bath is common, a separate grooming room to the bath room houses all sorts of body massage equipment and lotions to pamper the body.

Bathing in Japan is not for one to get clean, you take a shower for that, and it is polite to clean yourself before bathing. The bathing itself is a social activity as well as a means to relax and separate oneself from life's pressures and demands. Instead of having a drink or two, as we would have here, in Japan you go for a bath.

When I was in Japan recently, my male travelling companion had never experienced open air bathing, let alone

nude with others present. Like many who experience nudism for the first time, it was a real shock, but after the first few goes he settled in fine. Soon he was comparing one Onsen to another and looked forward to seeing the next one. Japan has some of the best baths-cum-rock pools set into the best natural settings I have ever seen.

One domestic Onsen we visited was no bigger than a five person spa. Water always seems to flowing in or around an Onsen and this small one was no exception. Steaming water flowed down rocks from the upperside of the bath, and then at the overflow point it cascade down the rock to a drain. It was truly amazing.

Outside the communal baths and Onsens, social nudism is almost unheard of in Japan, and to be naked unless bathing is considered a disgrace. It's ironic that in a culture such as ours where it's hard to get nude legally and have laws passed against it, another can have it for centuries and decidedly move away from it.

BURNING ISSUES

Just listen out at the club or the beach and hear the excitingly diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

Our Burning issue this month is . . .
Is any one kind of "body modification" more acceptable than another?

Hairfree freaks?

You regularly feature articles on piercing and tattooing which I don't have a problem with - nothing more than you see on any high street these days. The thing I have a problem with is depilation.

Personally, I find something very peculiar about people who don't want hair on their body, especially in the genital area. Piercing and tattooing is about adding something to your body - why take anything away from it? God gave us hair, why part with it?

Okay, so there are social pressures for women to shave their legs and armpits but there's no social justification for shaving in more intimate regions. It just draws attention to sexual areas of the body and smacks of pure exhibitionism.

I've heard "smoothies" claim it's for cleanliness etc, but that just sounds like an excuse. I don't mean to rant, I'm actually curious why people do it, so please write in and hopefully

H&E can provide some honest enlightenment.
TC London

Piercing problem

I find your features on piercing both fascinating and repugnant, but I'm not sure about their place in naturism. Some people liken this body art to depilation but as a smoothie myself I can't agree.

Depilation is about enhancing the natural beauty of the body, and is healthy, clean and practical. Piercing and tattooing actually damages the body.

Some clubs have a problem with both depilation and piercing and I feel they shouldn't be lumped in together. I wouldn't want to go to club where the members were covered in piercings. However I recognise some people who take their clothes off are into body art in a big way, so H&E can legitimately cover this as another aspect of "naked living". I just don't want to sit next to them on the beach. . .

RD Bristol

Pregnant pause for thought

Great to see H&E back on course this year and the best of luck for the future.

As both my daughter and myself are pregnant, she is eight months and I am six months into pregnancy, we are naturally taking things a little easy and spending a lot of time together.

We were going through past issues of H&E and several included features on depilation. We began to discuss pubic hair. As it is relevant to both of us at this time, I told her I was completely shaven when she was born. For an 18 year old girl it was quite a traumatic experience getting shaved before being brought to the delivery room to give birth. Thankfully, 16 years later shaving is not normally carried out before delivery.

Regarding female naturists shaving their pubic hair, I'm not really in favour of it. My personal opinion is that the vagina is the most private part of a woman and this hair is the perfect cover for it. I have seen several depilated women with a very noticeable opening which would normally be covered, and I feel it is just a little too revealing. However I do agree that it's a up to personal choice.

I have no problem with men doing it - in fact it

can improve their appearance. I have never used a razor and the hair that protrudes from my swimsuit doesn't bother me. But what really appeals to me about naturism is everyone is different in some way and I always look when others begin to undress.

My daughter and I hope to be back among our fellow naturists within the next two years or so.

LS Dublin

Where are the women?

With reference to the minor controversy in recent issues as to whether Brighton Beach is a gay beach, I do feel that in common with most naturist beaches in Britain women are outnumbered 50 to one by men.

What do we have to do so women can be persuaded that they are safe on such beaches. Why are we so different to Denmark or Fuerteventura where families go in peace?

JG Ashford

Imagination

Was it our imagination or were the obituaries for H&E in the press last year a little bit gleeful? At any rate,

thank goodness they were exaggerated and premature. We were so pleased when the old magazine began to appear again.

As that is not enough, we must say that under Helen's editorship the standard of the magazine has risen enormously. Quite apart from the pleasing artistic layout, the articles on health, fashion, holidays, clubs and art have lots of content and are thoroughly entertaining. The illustrations have a clean, bright more natural look about them with none of the tacky suggestiveness that had sadly typified H&E for a number of years.

Although we're not into body-piercing, we must agree that the photos in Alex Siodmak's article earlier this year were simply mind-blowing. Full marks to the men and women who have the courage to show their intimate decorations so openly, full marks to the photographer for taking such stunning pictures and full marks to you for publishing them.

**A and D BR
Chesterfield**

Send your photos, letters, and experiences to H&E,
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London E3 2SE

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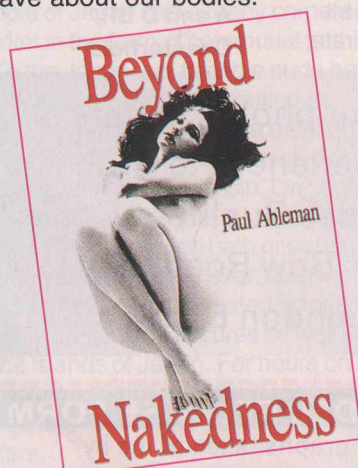
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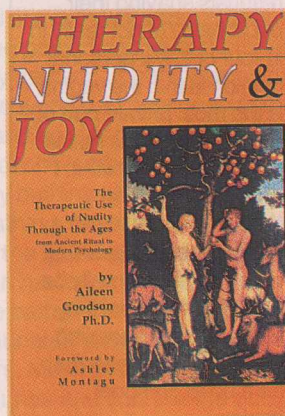
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No Shadows Fall

No naturist book collection would be complete without this - the story of Iseult, daughter of the founder of Spielplatz. Brought up in naturism and living all her life within a naturist community, this brings a unique insight into the changes in naturism over the years through an unrivalled first hand report.

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Naked living brings you
together



Naturally *YOURS*

If you want to
keep your
body as free
from
chemicals as
it is from
clothes,
follow
Theresa
O'Shea's
advice on
being a real
natural
beauty

Ever since the Body Shop burst on the scene back in the Eighties, natural beauty products have come into their own. In fact, these days it's hard to buy anything that doesn't claim to be natural, ecological and cruelty-free.

However, there is an awful lot of bandwagon-jumping going on. Look closely at many supposedly natural cosmetics and you'll find that the "hazelnut", the "camomile" or the "cucumber" make up as little as one per cent of the ingredients.

Since ancient times men and women have sought to enhance their beauty and desirability using plants and flowers. The ancient Egyptians believed that external beauty was not possible without inner health. They ate certain plants to purify the blood, they used others to cover-up bad smells and to nourish and clean their skin and hair.

It is no coincidence that the herbs and flowers used in cosmetics have a genuinely therapeutic effect. They are easy for the skin to absorb, they help cells to grow and they provide the body with necessary vitamins, minerals and oils.

Why buy an apple and honey face-pack or a cucumber eye gel when the genuine products are so much cheaper and natural to use? "Ah, yes," you say, "but it's all so time-consuming." Nonsense.

Think holistic. The time that you spend preparing or applying the treatments make them so much more special - they have something of your energy in them.

Feeding your face

Some home-made cosmetics are good enough to eat - like this revitalising strawberries and cream face pack. Crush a cupful of ripe strawberries with a little cream, apply and leave on for 20 minutes. Peaches make another delicious alternative. I'm sure you'll be able to find an enjoyable way to use up any leftover mixture!

Strawberries and peaches not in season? Try carrots and cream instead, or mash up an apple with honey and a little sage. Not quite as tasty,

but a little lemon juice and an egg yolk beaten together also makes for a real healthy glow.

Bright Eyes

You may feel daft but the traditional remedies for tired eyes - cold tea bags or slices of cucumber over each eye - really do work. Compresses soaked in warm elder flower or camomile tea (1 tsp. infused in 140ml water) will also do the trick.

Eye gels may be quicker but the 15 minutes or so you lie there with your eyes covered are far from wasted. Time to relax, to be conscious only of your breathing, your heartbeat and your recuperating eyes.

Eye drops make the eyes look brighter and clearer. If you're feeling really brave, do what our ancestors did and squeeze a drop of lemon juice into each eye. You'll never believe your eyes could open so wide!

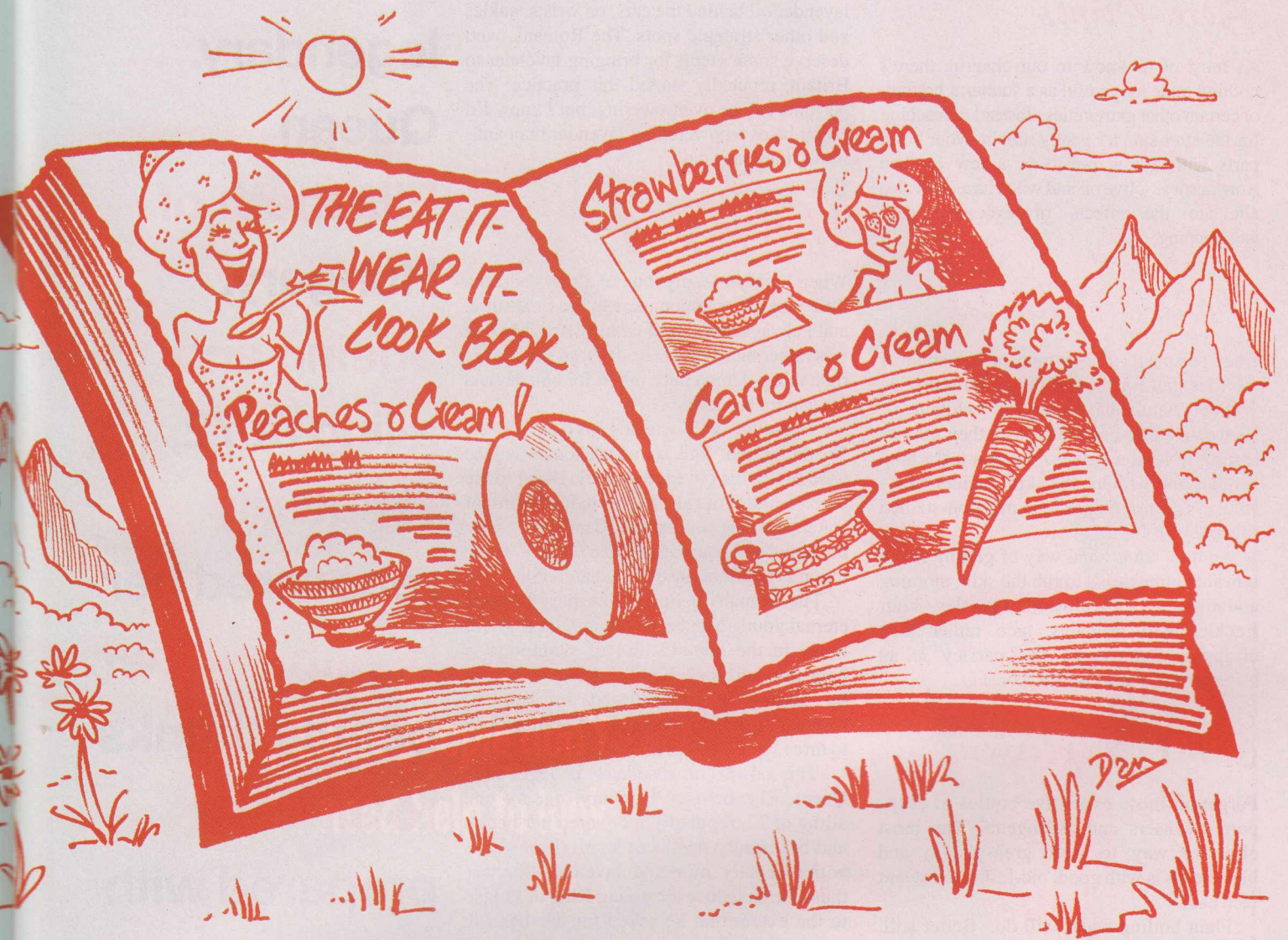
Skin deep

The skin is the body's largest organ, responsible, among other things, for getting rid of toxins and attracting the opposite (or same) sex - two good reasons to treat it with tender loving care.

As the Romans realised, aromatic baths are an excellent tonic for the whole body. You don't need to buy expensive essential oils. You can get the same results using ordinary flowers and herbs - such as camomile, lavender, thyme, rosemary, jasmine, mint and sage.

To prepare your perfumed bath, boil a small quantity of your preferred herb for 15 minutes, strain and add to the water. Alternatively, you can make small cotton or muslin bags and fill them with a mixture of your favourite herbs and flowers - fresh or dried. For a real treat in the summer, collect a cupful of rose petals in the morning and add them to the bath. The heat of the water brings out the essential oils of the petals, filling the air with their perfume.

To protect your skin from the drying effects of the wind and sun, take a leaf out of the Indians' book and rub your body and hair with



“The skin is the body’s largest organ, responsible, among other things, for getting rid of toxins and attracting the opposite (or same) sex - two good reasons to treat it with tender loving care.”

coconut oil after bathing. Coconut oil is cheap and it also makes an excellent natural lubricant (far more sensual than KY jelly!)

Sore Points

As most of us know to our chagrin, there's nothing quite as painful as a sunburnt bottom, or certain other extremities. Instead of reaching for the after-sun, try gently rubbing your burnt parts with a raw potato or a few crushed strawberries. Olive oil and witch hazel will also alleviate the effects of excessive sun-worshipping.

Fading Freckles

I am personally rather fond of my summer freckles, but for those who would rather go without, nature has plenty of "whiteners". Victorian ladies used to sit with their elbows resting in lemon halves. Lemon juice both soothes and whitens the skin. Incidentally - smokers, it also helps clean nicotine-stained fingers.

Another traditional way of getting rid of unwanted freckles is to rub the skin, morning and night, with an infusion of parsley. Your freckles will probably fade rather than disappear completely, but parsley is an astringent and will cleanse your skin.

Clear complexion

Forget all those expensive bottles of deep-pore cleansers and astringents. The most effective way to treat greasy skin and blackheads is with good, old-fashioned steam face bath.

Plain boiling water will do. Better still, pour the water onto a handful of nettles, fennel or elder flowers. After ten minutes or so under the towel, wipe your face with cotton wool and then close the pores with water (preferably distilled). And remember, if you don't live in the country, all of these herbs can be bought ready-dried from your local health shop.

Bites at bay

The importance of insect repellent takes on

added dimensions when you're naked. The problem with chemical-based repellents, though, is that while the insects stay away, so does everyone else.

A far more pleasant solution is to dab lavender oil behind the ears, on wrists, ankles and other strategic spots. The Romans, who deserve some credit for bringing lavender to Britain, reputedly started this practice. The perfume can be overpowering, but I know I'd rather be overpowered by lavender than anti-mossy musk any day!

Healthy Hair

When I was little, my mother always added a little vinegar or lemon juice to the final rinse, and I always had squeaky, shiny hair. My hair was rather mousy in those days, so she did the right thing - lemon juice is best for blondes and vinegar for brunettes.

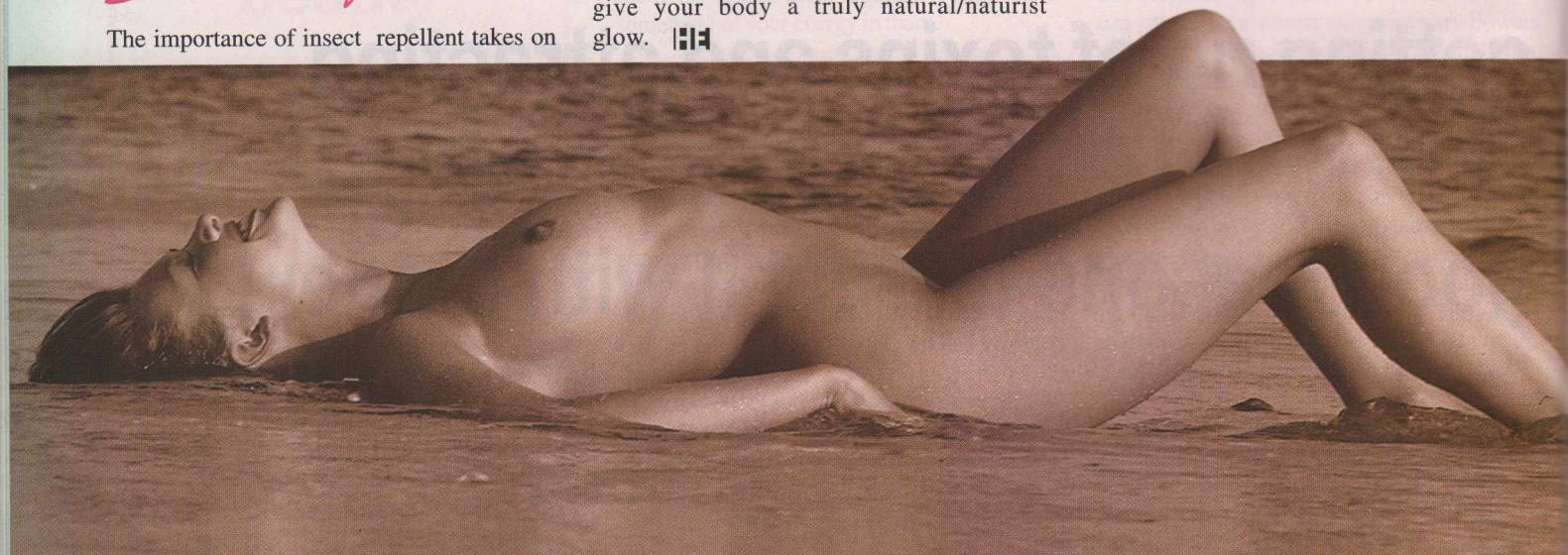
Those of you wishing to put off the "distinguished" look for a little longer will be wise to try this old sage remedy. Bring to the boil a handful of sage leaves in half a litre of water, and then simmer for 30 minutes. Strain the liquid and pour into a clean bottle. Use the lotion in the final rinse after shampooing.

The Romans believed rosemary brought eternal youth. Maybe it's significant it's used today in the manufacture of shampoos to help stop hair loss. You can make your own by adding a concentrated infusion of rosemary to a baby shampoo, at a ratio of one to three.

The power of rosemary is legendary. Queen Elizabeth of Hungary, ageing and ailing at 72, reputedly recovered her health and her beauty thanks to an elixir prepared with rosemary, mint and lavender. She was thus able to seduce the young King of Poland to the extent that he asked for her hand in marriage. No face lifts, wrinkle creams and liposuctions for this rich lady!

I could go on. There are as many natural remedies and beauty treatments as there are plants themselves. So the next time you're walking around the chemist, happily piling up your basket with toiletries, natural or otherwise, stop and think. For some, naked living means being close to nature and taking pleasure in the simple things. Why not go back to the original ingredients and give your body a truly natural/naturist glow. ■■■

"The power of rosemary is legendary. Queen Elizabeth of Hungary, ageing and ailing at 72, reputedly recovered her health and her beauty thanks to an elixir prepared with rosemary, mint and lavender."





Some people don't
need help to look
good

LUXURY IN A CAVE



When it comes to naturism the Dutch are sorted - who cares about the weather when you can sweat it out in facilities

like these? Robbert Broekstra reports



*Hurrah -
for naked
living!*



The Netherlands is a country of 16 million people. Generally it has a cool, wet climate often with long winters and short summers, so indoor facilities are essential.

You'll find saunas throughout the country but they vary greatly in quality. Although Sauna Drome in the village of Putten is a converted farm, it is one of the Netherlands' more luxurious facilities.

Sauna Drome is right in the middle of farmland and forest. It consists of several Finish style block huts that run on electricity. Other huts rely on wood and the newest addition is the smoke sauna. After spending time in this one you end up smelling like smoked wood. When we visited, the hut was full of smoke, but this is necessary for the first two months of its operation so the wood can pick up the smell of smoke.

Other facilities include a heated swimming pool, Turkish baths and an excellent restaurant, but the highlight of this complex is the cave sauna. When you disappear underground you will come into a large area full of rocks with a central rock for sitting on. The steam and smoke is carried from the open fire place and rises up under

Getting there

Take the Utrecht to Amersfoort highway in the direction of Apeldoorn. Take turn-off number 16 at Voorthuizen/Harselaar.

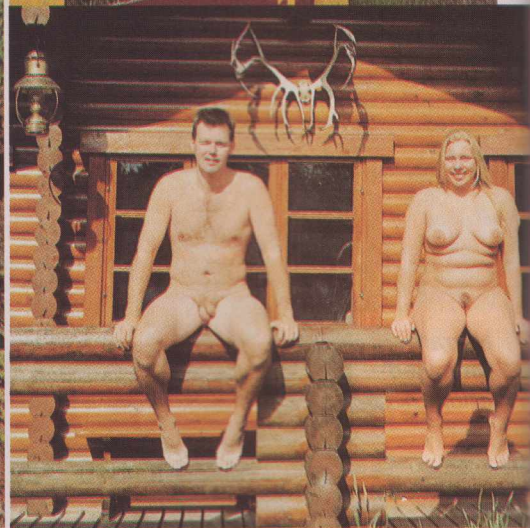
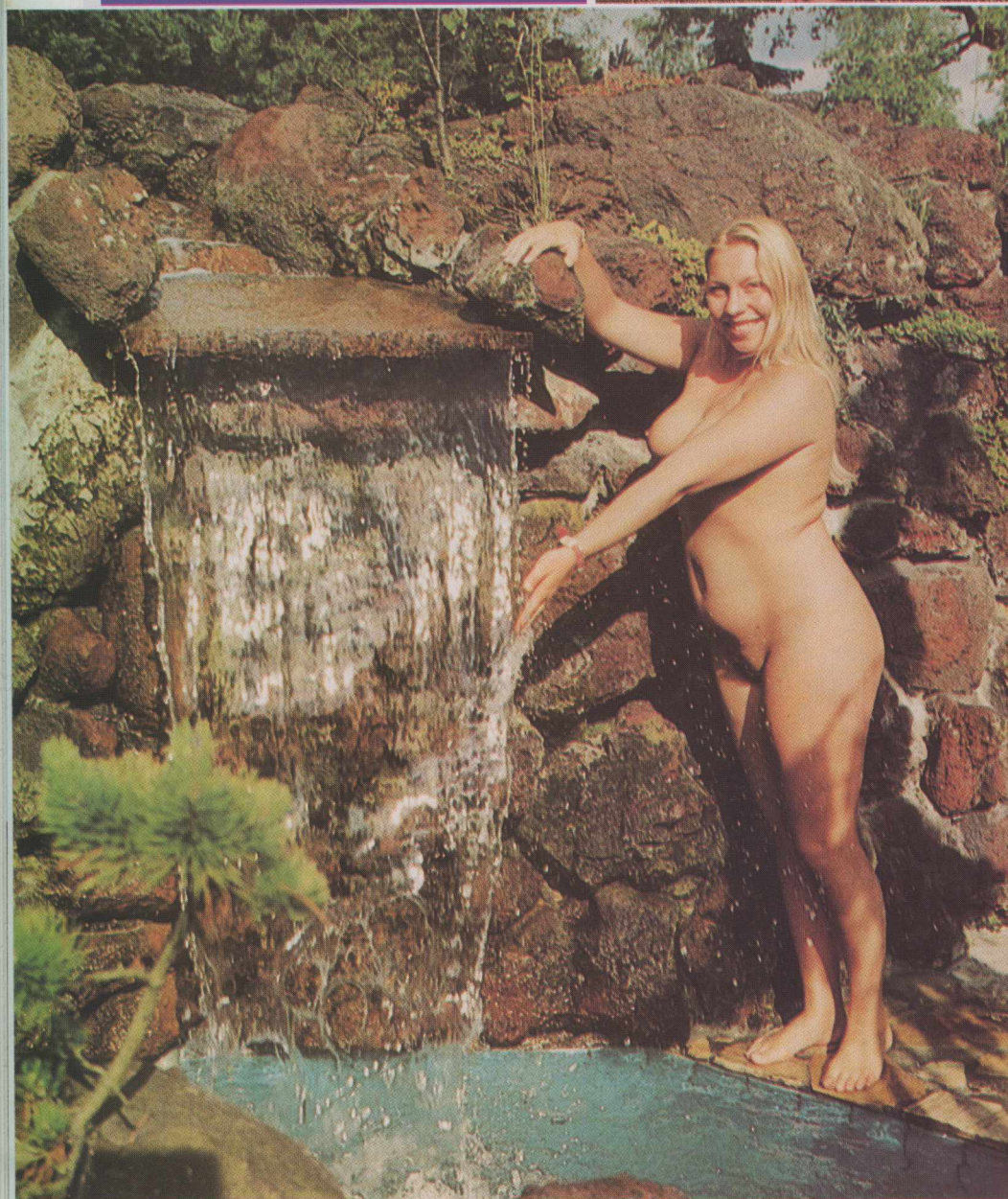
Turn left towards Putten (N303) at the traffic lights. In the village of Voorthuizen go straight on at the traffic lights towards Putten. After about 5km watch out for the yellow/brown sign with the name Sauna Drome Beauty Farm on it. Turn right here then take the second street on the right. Following the signs you will see it on the left hand side.

Naturist beaches and clubs in Europe

0891 805 433

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



the rock beneath you. Like any sauna, you can sit at higher or lower levels and the little waterfall cools you down when you get too hot. New Age music is piped in the background helping you to feel totally relaxed.

Sauna Dome has been there for 25 years now and people from all over Holland come to visit this pearl of the Netherlands. On a sunny day you can sit right on the lawn near the pond with its goldfish, ducks, geese and herons. It's a wonderful haven for the back-to-nature lover.

The sauna also has a beauty parlour where up to five or six ladies (or gentlemen) can enjoy all kinds of face and body treatments. Every Wednesday is a special ladies' sauna day. The whole complex is open seven days a week and once you're there you won't want to leave all week. ■■■

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Christmas Pie Woods

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at Christmas Pie Woods in Kent.

The club will not be fully up and running
until 1998.

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be holding workshops on various topics.**

If you would like to be included on our mailing
list for Club Events, please send The form
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*Note: Anyone attending our Open Day will automatically
be sent details, there's no need to re-request.*

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The No clothes Zone



This is where we ask you to leave your CLOTHES BEHIND and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the HUMAN BODY we advise you go no further.

This sector is for fun-loving naturists only - yes, that means YOU!...If you want to join us in the Zone then send us your picture. We pay YOU £15 for every PIC PUBLISHED.

(Now that's what I call an entrance fee!)



Pottering
about

On holiday and
still fed up?!





The relaxed
approach

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fun guaranteed!**



Mysterious



**Clothes optional -
fun guaranteed!**



**Back garden
nude**



**Naked
chair - hogger**



WARNING
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**The No clothes
Zone**

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All calls are charged at £1 per minute at all times.
Calls must be made from a push button phone and users must be
a minimum of 18 years of age.

**Clothes optional -
fun guaranteed!**



**Mountain
man**

**Rambling
free**



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**The No clothes
Zone**

**Naturist
Canute**



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H&E
here to help

Need help on getting those pics? Take a look at **Naked Photoshoot and Shooting the Nude** (see p 59)

HEALTH BITES

BEAM ME UP, SMOOTHIE.

Think of all the ways you can remove bodily hair, and none is satisfactory. They're either a bore, especially when done daily, or painful, like waxing. There is now a new option that uses a laser beam. The Epitouch Ruby Laser treatment involves pointing a laser beam at the body part, which kills all the actively growing hair follicles. This system was discovered accidentally by a scientist experimenting with birth mark removal lasers. He noticed that by applying this powerful laser beam the skin becomes permanently hairless.

The downside is that the treatment is very expensive. This is a new development and, at present, there is only one clinic, Lifestyle Medical in Staffordshire where this £90,000 machine is being used. It is also most effective for those with dark hair and fair skin. Treatment costs start at £400 for a small body part such as upper lip, and can rise to over £2000 for larger areas. For further information on this treatment phone: Arden Medical International on 01159 505084.



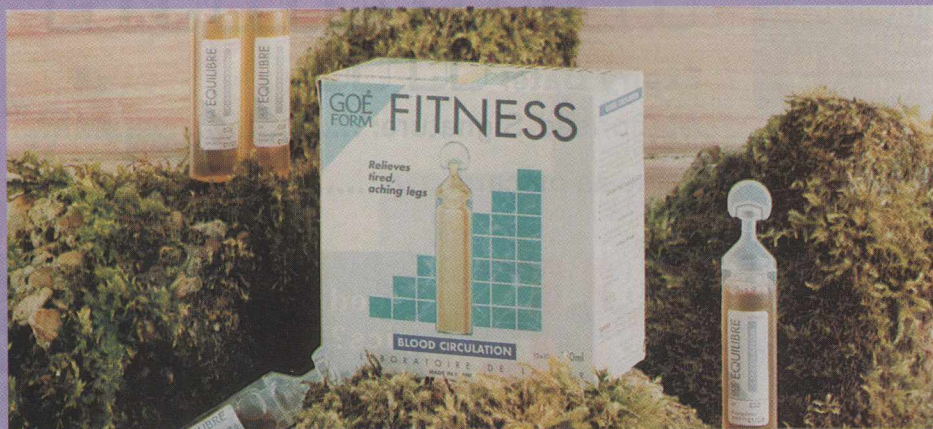
EAT TO THE BEAT

If you're trying to lose weight, avoid the Hard Rock Cafe, Planet Hollywood or anywhere equally brash that plays loud, fast music. Researchers from John Hopkins University, Baltimore, USA have discovered that the faster the music in a restaurant the faster you eat. We chew in time to the music apparently, and if we wolf up our burgers before you can say Kula Shaker, it's likely we'll be craving for some Death by Chocolate or an extra helping of chips before our brain registers that we're full up. Bright colours encourage us to stuff our faces too.

So ideally, for better weight control, seek out the classy, cool little place where they prefer ice-cool walls and Brahms' slower movements.

EXTRA ZEST - WITHOUT THE SLIME

The Welsh have always had their laver bread, but many of us used to squeal with horror at the thought of eating seaweed. Many have since tasted the slimy stuff - in a not-so-slimy form and find it quite tasty. It's also good for us, which is why Goeform have put it in ampoules for medicinal purposes. Try Fitness Circulation for tired legs, or Fitness Magnesium for a general pick-me-up. They contain plenty of other useful minerals and vitamins as well as the seaweed and should leave us feeling perky enough for a trip to the seaside. Available by mail order from Health Scope Direct on 01261 818003.



WHY CAN'T WE GET LOVE ON THE NHS?

When we fall in love our bodies produce a chemical called phenylethylamine (PEA). This makes your heart palpitate, your hands sweat and gives you that butterflies-in-your-tummy feeling. We also release other natural chemicals such as endorphins that act like morphine - we just don't feel the pain so much. Dr Patrick McGhee of Boston Institute, Lancashire, has noticed that those in love are more optimistic, self-confident, in better general health and more immune to viral infections. I guess we knew that really. Look what love did for Elizabeth Barrett Browning! I want some of it now!

COLD CHECK

If you're young and healthy, you can probably keep exercising through a "common cold", according to a recent American study. But if you're older, less healthy, or get more than the basic cold symptoms, it can be positively dangerous to keep exercising. Best to stay indoors with a good book.

ZAP THOSE PHONE LINES!

Scientific studies have suggested that our heavy exposure to computers, mobile phones, trains and planes can sometimes have a detrimental effect on our health. Our increased exposure to radiations from this man-made electromagnetic field has been linked to such symptoms of stress, fatigue and mood swings among others. You can now buy a gadget to counteract these symptoms. The Q-link (Quantum link) pendant is to be worn around your neck and provides a pure source of subtle energy that boosts human bio-energy and can help to protect you against electromagnetic radiation. If you are interested in this pendant, phone



07000 818 818. The Q-link pendant costs £95 (+£2.50 p&p) but comes with a 30 day money back guarantee.

DESIGNER GNASHERS

Remember when toothbrushing was just that? Don't get nostalgic now that toothpaste has become trendy. Perhaps it was reading somewhere that Fergie and Di were buying Rembrandt whitening toothpaste at £7 a tube that sparked us off (that was when they had something to smile about). Now, according to a recent report by the ever-expanding Superdrug, the UK oral care market is growing by 7% per year. Whereas once we just popped a family size tube of something minty in the trolley, now at least half of us are spending money on therapeutic pastes, such as sensitive teeth formulas, or cosmetic pastes which whiten your teeth.

HEALTH TIP OF THE MONTH

If you suffer from prostate inflammation, here are some homeopathic remedies you can try. Apis mel or Pulsatilla (for frequent desire but inability to pass water), Belladonna (for painful urination). Follow the directions on the container. These are not guaranteed to help, but as they are readily available in most high street chemists and claim to be harmless it must be worth a go.

WHAT DO SCIENTISTS KNOW ANYWAY?

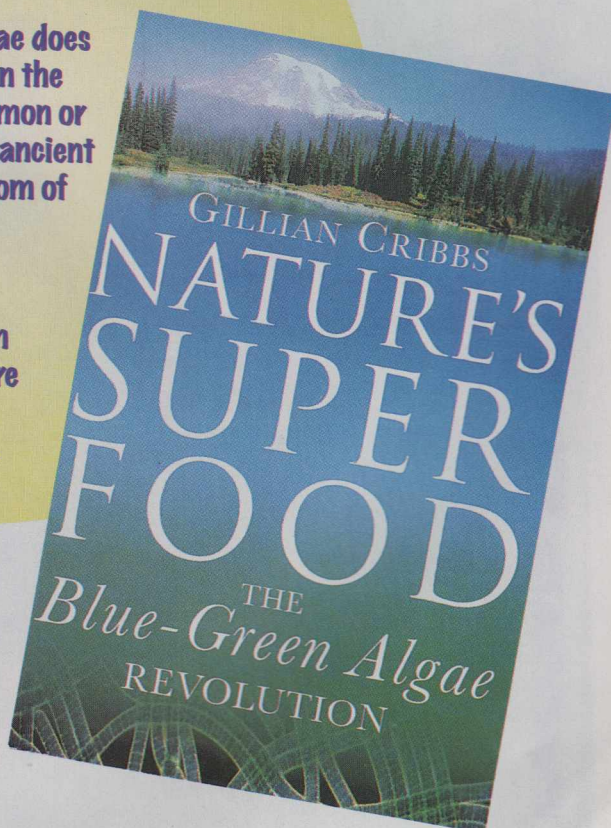
The rats! Apparently some Australian researchers have studied pre-menstrual syndrome (PMS) and decided it is all in our imaginations. Tell that to the women who spend a couple of days per month crumpled up in misery, and their poor partners who often take the brunt of it. Apparently they dismiss the symptoms (headaches, uncontrollable crying, stomach cramps, grouchiness) as "random instances of depression or irritability triggered by social or health problems".

NEW HEALTH BOOK

NATURE'S SUPER FOOD The Blue-Green Algae Revolution by Gillian Cribbs (Newleaf £6.99)

The thought of blue-green algae does not stimulate the taste-buds in the same way as, say smoked salmon or a ploughman's lunch, but this ancient product which sits at the bottom of our food chain can produce remarkable health results, according to this book.

It is commonly used in foods in American and Japan, but more importantly is available (expensively) in capsule form. The author claims to have recovered from a debilitating illness by taking this entirely natural and nutrient packed product. It is said to boost the body's natural defences. The idea at first is unpromising, but the argument in the book is pretty persuasive.





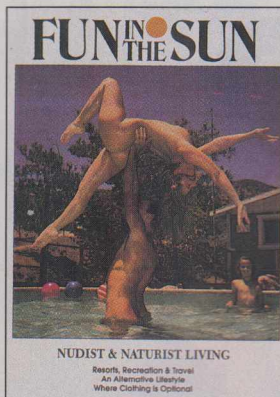
A m a n d a

This young woman likes
to keep cool



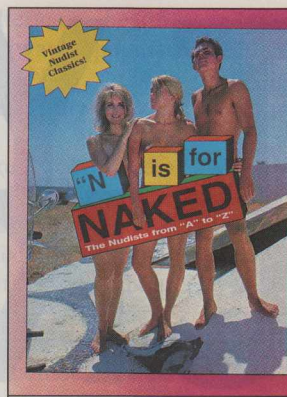


**When she strips off, it's
either for a dip or the
shade of a tree**



FUN IN THE SUN
With numerous classic photos (mainly black & white) and more up to date images, this American import celebrates the joy of nudity in a social environment. Chapters include the psychology of clothes, the nudist novice, answers to ticklish questions, the nude sculpture of Gustav Vigeland, and the 'why' and 'who' of American nudism.

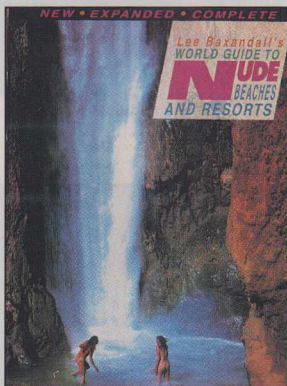
£20.00 inc UK p&p



'N' IS FOR NAKED
This imported book from the USA takes a light-hearted look at a nudist alphabet through images and vintage photos of naturists (colour and mono). Enjoy this Ed Lange classic from "A" is for Air through to "Z" if for Zebra (yes, a nude one...) And "N"? No, it's not for naturism. It's for New Jersey....

£20.99 inc UK p&p

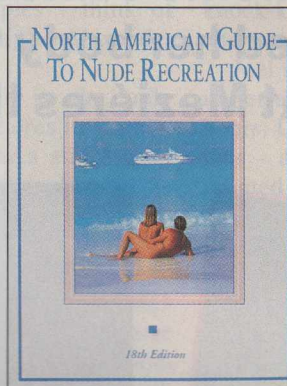
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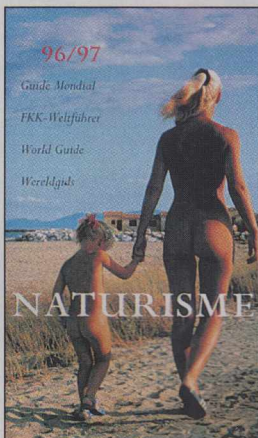


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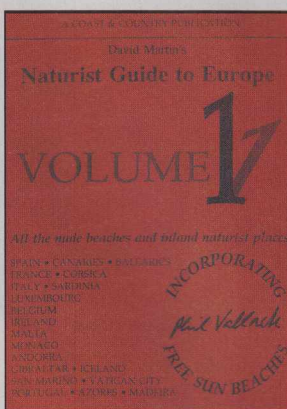
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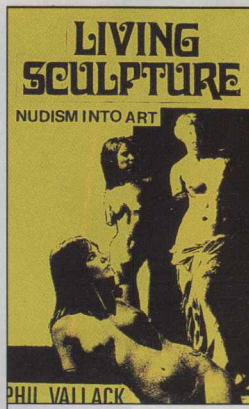
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NATURIST GUIDE TO EUROPE VOLUME 1: Spain; Canaries; Balearics; France; Corsica; Italy; Sardinia; Luxembourg; Belgium; Ireland; Malta; Monaco; Andorra; Gibraltar; Iceland; San Marino; Vatican City; Portugal; Azores; Madeira.
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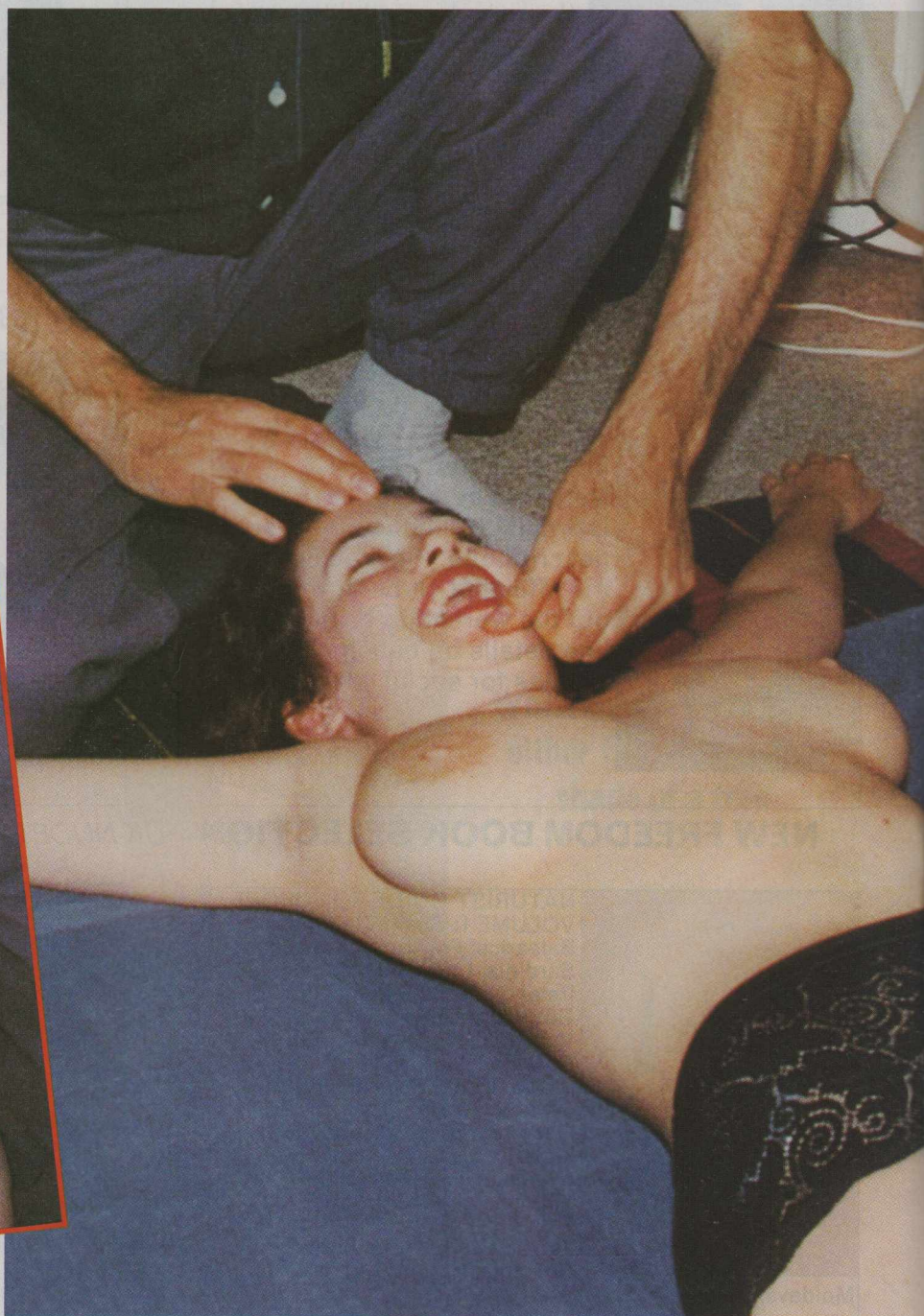


LIVING SCULPTURE
A look at Bas Relief sculpture through Phil Vallack's wandering, but highly readable style! Phil - who put together the forerunner to the Naturist Guide Books has combined his two great loves of art and nudism into one volume here. Dip in and be entertained - and learn something too!

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GET YOUR BACK UP

Anyone who suffers muscular discomfort can benefit from alternative medicine's latest French import. Helen Ludbrook offered her body for experimentation and discovered what Mezières therapy has to offer the naturist





Alternative health, always popular among those enjoying a naked lifestyle, is now gathering increasing credence with the more cynical public. The medical establishment has grudgingly accepted certain practices. Just as they pour scorn on one new therapy, another proves it has validity.

The Mézières method, like so many therapies, isn't new, although it can't claim the pedigree of acupuncture or herbalism. It does, however, have some similarities with more established therapies - think of Yoga crossed with the Alexander Technique.

Joel Charbonnel is the only practitioner of Mézières in Britain, and is causing quite a stir. I went along to see what he could offer an over-stressed, aching limbed, round-shouldered naturist editor.

Burrowed away in leafy Chiswick, Joel's flat is a homage to all things tranquil. On entering, the smell of incense infuses your nostrils and the small room where he sees his clients is lined with books, anatomical diagrams, and ethnic artefacts.

Despite his thick French accent, Joel explained with eloquence and conviction the theory behind Mézières. The treatment takes the name from its founder, Françoise Mézières. After observing patients with severe muscular problems she concluded that the back muscles were too strong, pulling everything out of line. Conventional medicine dictates back problems are due to the muscles being too weak, so this is a radical new approach.

Joel told me that a stretch or contraction in one muscle will effect muscles in a totally different part of the body. The medical profession usually works on just the area of pain, when the problem could actually be elsewhere. The muscles in our body are constantly at work even when we think we're resting. Tension in muscles accumulates and produces pain.

Whether muscle spasm results in bad posture, or bad posture results in pain is arguable, but for Joel the secret of true beauty, that is healthy beauty, lies in good posture. He showed me pictures of stunning models, with arched backs or pelvises thrown forward seductively. "They think this is sexy, this is not sexy, pain is not sexy," Joel scorned. But just when I was thinking "fab, a bloke who doesn't fancy Claudia Schiffer," he told me his idea of beauty exceeded even that of Claudia and Cindy. Damn.

Joel believes in ideal beauty, and girls, I'm afraid it's nothing to do with personality! He thinks the ancient Greeks

had it right with their portrayal of the ideal physique. The good news is, we all have the potential to be the next David (or Diana) - but only through Mézières of course.

For naturists, this has particular relevance. When you're naked the whole body with all its irregularities is revealed. Equally, if these were rectified, the body in all its God-like glory could more easily be admired. Joel even said Mézières could get rid of cellulite - a greater incentive for most of us than getting a straight back!

So I was the guinea pig for the day - not something I was relishing, I'd heard tales of strain, pain and indignity. For Joel to work properly I had to strip off. I was then told to stand straight with my ankles and knees touching. First problem, I'm flat footed and knock-kneed, (like I need any more defects to add to my deflated ego).

Joel wandered round me scrutinising each imperfection, he could have been there for hours. I then had to bend over and touch my toes - all very "Carry on Camping". Joel pointed out my defects to Diana who oohed and aahed as hidden "deformities" were revealed. It was some consolation that Joel had seen "far worse". In fact, Joel treats patients from dancers to arthritis sufferers and the severely deformed.

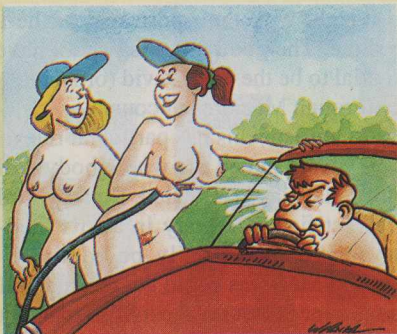
Next was the strenuous bit. Joel bent and stretched my hamstrings while I had to lie open mouthed with my chin on my chest. It felt very peculiar, and wasn't helped by the fact I kept getting the giggles. The hardest bit was co-ordinating all the different things I was supposed to be doing. As I aligned my body in one position I couldn't keep the another part of me under control. It takes a lot of concentration and I can see why Joel requires his patients to be focused and dedicated.

My problems were only just touched on in the quick session I had with him. Patients need to see Joel regularly to feel the benefits. It can take months, or even years in severe cases, to uncoil and stretch out all the anatomical knots.

One of the important things about Mézières is it can only be carried out one to one. The accuracy of the position is crucial and it takes all Joel's attention to insure his client is positioned correctly, so you're not going to see classes of Mézières at your local activity centre.

Despite the contortions, the indignity and the pain, I did enjoy my session. Joel's explanations of Mézières made sense and he was quick to locate the area where I feel a lot of discomfort. This is one therapy that I'd like to continue, but Joel's time naturally comes at a price, though not an unreasonable one.

So all you wannabe Adonises and Adonisesses: throw away your dumb-bells and your exercise bikes, true beauty doesn't come from within, or from an aerobic class. You just need to stretch and relax - with a little help from Joel, of course. You can arrange a Mézières session with Joel on 0181 747 8583 ■■■



Warm up with naked news hot off the press

WOULD YOU ADAM AND EVE IT?

Dorling Kindersley's illustrated family Bible attracted a plague of pre-publication objections from the American mid-west for including a depiction of Adam and Eve romping naked in the Garden of Eden.

"Our very coy illustration was sent back covered with black censor marks," said a frustrated designer. "We've had to cover their bodies with so much camouflage that you can hardly see their heads poking out of the foliage."

Strangely, the uptight Bible-belt raised no objections to passages about cutting off the foreskins of enemies. "In fact we're thinking of doing an illustration of it," confides a DK insider.

Eureka in former glory



EUREKA SHAMED BY PAEDOPHILE CONVICTIONS

Troubled Eureka, rumoured to close for good this month, has attracted further criticism following the jailing of a visitor for an indecent assault on a nine year old girl.

A police inquiry led to the conviction at Kingston Crown Court of Stephen Butcher in July. The 45 year old father of four received 18 months for sexually assaulting the girl last July. He had two previous convictions for molesting children and taking indecent photographs.

A week earlier another Eureka member appeared before magistrates charged with possession of indecent material, including a video of one of the club's Fun Days, since withdrawn from public sale.

Local hostility has led the owners to apply for a change of use and are reported to be "keen to get rid of the club." Scotland Yard's Paedophile Unit are also said to be "very worried" about the situation, saying: "These men have perfect access to children. Parents are too naive to recognise it. Unfortunately it is not in our power to close it down."

A Eureka spokesperson said: "Obviously a place like this may attract those sort of people. If we catch someone taking too much interest or photographing them [children] we inform the police. We are a family club. I don't know what more we can do."

STOP PRESS: Eureka won't be closing for good this September. A Eureka spokesperson said attendances have remained healthy despite the rumours. The club are doing all they can to stop incidents like the above occurring again which may include swipe cards to access the premises. We were assured all reports of misconduct are acted upon swiftly; "We know there's a problem but we have plans to do something about it".

EXPOSED!

HOT AND BOTHERED UNDER THE MIDDAY SUDS

In the July issue we revealed some of the problems faced by nudists in South Africa. Despite the sanctioning of topless beaches many, the report claimed, continue to strip in secret due to the continuing stigma and lingering repressive attitudes, especially towards women.

However, there will always be a few brave entrepreneurs willing to challenge such restrictions. Beau Valley, brainchild of Sixties crooner Beau Brummell, thrived for 30 years because of it.

Now, the country's first topless car wash has opened in Johannesburg to capitalise on the apparently insatiable male desire for bare female flesh. Situated in the appropriately named Jan Smuts Avenue, the venture has been doing a roaring trade with motorists queuing for hours in search of auto-erotic titillation.

The R199 car wash buys nothing more than a view of four big breasted women energetically sponging windows and bodywork. Each customer has to sign an indemnity form declaring that he is of sound mind, that he is the only person in the car, that he will stay in it and that he does not have a camera.

Despite the logic that a dirtier car may entail a longer wash, most men arrive in already shiny vehicles. One customer was overheard imploring the girls not to scrub his paintwork too vigorously.

As owner Kit gleefully reveals: "No other men have a thing about naked breasts quite like South Africans. Most are completely overwhelmed and in awe of what they see."

Which probably explains why SA's few naturist beaches are so remote and inaccessible by road. Apart from the gridlock, how would the paramedics ever deal with the mass coronaries that would surely result from the sight of the few naturists brave enough to defy the country's outdated attitudes to body exposure?

NORTHERN EXPOSURE

"This Life", the UK's answer to the phenomenally successful American sitcom "Friends", contains a possible candidate for that much sought but rarely seen specimen, the Celebrity Nudist.

Recorded sightings of these famously shy creatures match that of the Yeti. Until the discovery last year of a lone Thompsonus Uninhibitus, captured on film during its summer migration to Lesbos, conservationists and tabloid hacks feared the breed to be extinct.

But a series of recent exposures of the

front and rear quarters of Ramon Tikaram, the show's bisexual bike courier Ferdy, has reawakened hopes of the strain's survival in this harsh northern habitat.

"I'm just not inhibited about nudity," said the 30 year old male, when tracked down at his south London d n. "I don't mind showing my willie to the nation."

As speculation rages whether Ramon, who also bared all in the 1997 film "Kama Sutra", inspired the song "He Likes The Sun", from his sister Tanita's acclaimed album "Ancient Heart", we await further sightings of this hitherto elusive species.

PASS THE FACTOR 20 SVEN...

How many pressure groups fighting for naturists' rights to nudity on Britain's beaches realise that this country owes its very freedom to the desire to strip off? Viking leader Harald Hardrada invaded England in 1047, only to be beaten when his troops decided to top up their tans. As the soldiers weren't expecting any action for a few days they took off their armour and enjoyed some quality time, swimming and sunbathing nude in the time-honoured Scandinavian tradition.

When the English army had finally marched up from London to see off the threat it caught them, literally, with their reinforced pants down. Hardrada and his naked troops were swiftly slaughtered, continuing our sovereignty for another 19 years until a Norman arrow put paid to King Harold's hopes of a nice quiet day out at Fairlight Cove.

Mind you, had the Vikings been successful we wouldn't have had to wait another 932 years for nudity to become officially accepted there would we?

SHORTSSHORTSSHORTS

NUDITY INFLAMES

A fire-eating stripper set himself ablaze during his act at a night-club hen party by hiccuping while he had a mouthful of fuel. Flames engulfed the head of 25 year old from Sheffield, who received 60 per cent burns to his face.

NO MORE YELLOW EUPHEMISMS

This month sees a new classification, Naturism, appearing among the services advertised in Yellow Pages. The move is a response to a five year campaign by Coast and Country to have the pastime validated by mainstream organisations.

BARE AWARES

Rather appropriately, California's Human Awareness Institute held a number of discussion meetings throughout the summer and autumn at Black's Beach, the areas largest and most popular nude arena.

THE GOOD, THE BAD AND THE APPLE

Catholicism is a broad church. In Rome a priest has declared war on mini-skirted girls in church by handing them a "sinner's apple" as they enter. "It's undignified and lustful to show so much flesh in a holy place," he said. Meanwhile in LaJolla, California, a more progressive RC priest offers "clothes-optional same/opposite sex matrimony. Divorce no impediment. Other sacraments and Mass may be arranged."



**Tracey
Page
lets us
into
her
blissful
naked
world**



**Welsh heaven -
without
the harp**

No words could possibly describe the peace and tranquillity this place has. The height of the ever crumbling cliffs and the rocky, sandy beach is the perfect place to be at one with nature, listening to the waves brushing or crashing on to the shore. It can vary from flat calm to six feet high waves which the surfers (including me) love. If it's too much effort to carry your board to this beach, you can body surf there.

The calmness here surpasses description. You could arrive with a baggage of troubles but they will melt away while laying and basking in the sunshine or walking with friends on the sandy beaches, the gentle breeze airing your whole body. Bliss!

The beach stretches for almost one mile in both directions and nearly all of it is soft sand when the tide is out. Over to our west is a waterfall, and after a hot day we walk for a shower in the natural spring water as it trickles down through the mossy cliff top.

On a perfect day you may see a rainbow there, then it really seems like heaven. If that is not enough, then you can stay until the very end of the day and see a beautiful sunset over the ocean water. Here you can feel enclosed but not claustrophobic, the high ragged cliffs on one side and the vastness of the ocean on the other, all that flat sand and a large helping of rocks and pebbles makes this place unique, almost divine.

I am part of a group who meet up on both hot sunny days and hazy days too. This is my fourth year, but one in our group has been coming here since World War Two! Fragile hips and weak knees do not stop elderly people either, hiking boots on and walking stick in hand - even if it takes them one and a half hours to get here. Our group mostly consists of parents and grandparents, and it is not uncommon to have two or even three generations of the same family here at any one time. The youngest so far is 13 weeks old. Twice a year our group gets together for an extremely well organised party. We hire a lovely country pub a mile or so from this beach, and have a Christmas "do" and a Midsummer's "do". There we regretfully have to put on our glad rags, but no one is ever short of conversation!

At the end of Wick beach is a mass of rocks known as The Point. To the other side is a vastness of sand and steeper cliffs, usually couples and singles keep to the left part of this beach, the only passers-by would be the occasional Rambler from the east who tend to walk near the water's edge.

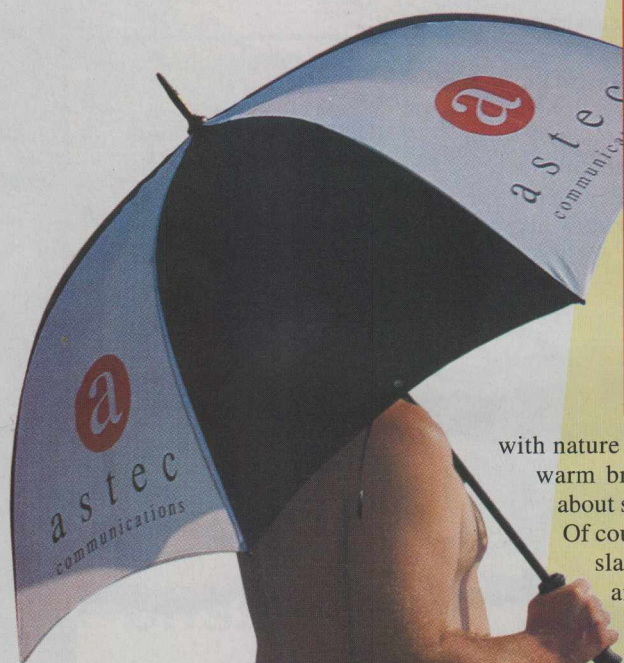
If you're very fit, at a certain level of the tide, it is possible to swim from west to east around this point, but be careful in the shallows when you put your feet down, there could be a few sharp or barnacle coated rocks. Remember you have a short walk back, but your body in touch

A really special place



**"THIS IS JUST LIKE
HEAVEN. THE ONLY
DIFFERENCE IS IN
HEAVEN YOU GET A
HARP!"**

Expecting rain or
scorching sun?



with nature will be dried by the sunny air or warm breeze, you will have no worries about soggy costumes or wet towels.

Of course you are welcome to find a flat slab amid the rocky point; lay down and close your eyes, while away the day simply doing nothing, or read that great novel you have always been meaning to.

Walking, swimming, reading or doing nothing at all, with your body in touch with nature you will forget the meaning of stress. A friend of mine once said "This is just like Heaven, the only difference is in Heaven you get a harp!" I could not agree more.

Access to the South Wales beach is by three means, all three require a car and quite a walk.

The first is from Southerdown, parking at Southerdown beach car park (near Ogmere), £1 all day. Then you have to walk up to Dunraven Castle and follow the path around until you see signs for the coastal path. Walk along the beach until you see a set of ladders on the cliff face on your left, there for almost one mile is naturist territory, Wick beach is at the end of the sandy stretch.

Second is by driving to Wick village, drive as normal to Southerdown and continue along the main quarry road, not the Ogmere beach road. Turn right after a mile or so (if you reach the village you



Naturist beaches and Clubs in Britain

0891 805 417


All calls are charged at 50p per minute at all times.
Calls must be made from a push button phone and
users must be a minimum of 18 years of age.

have gone too far). Then left at the T-junction, drive a couple of hundred yards and park on the verge by the next junction. There you will see a sign for "Cwm beach" by a stile, go over this and follow an unmistakable path to the cliff top, there you will have to descend two sheer ladders. Turn left at the bottom and you're there. This route is not suitable for children or anybody with any disabilities.

Third and last, drive as above but do not stop by the stile, continue another mile or so until you find a farm, there you can park for 50p all day. Follow the footpath to the beach and turn right. Walk a few hundred yards until you reach the rocky point, and you are there. This side is usually for individuals and some couples. The family side is on the other

side of the rocks. New families are welcome.

Please note, none of these parking areas are safe for your car. The farm is the safest of the three. Do not leave anything in your car, I do not just mean valuables I mean anything. Use a steering lock and an alarm even if it is a fake one. Many people stay quite late on the beach: this is not recommended if you have a remotely decent vehicle. You could possibly take a bicycle to the second parking and lock it some where. People have taken their bikes half way - a mile or so down the path to a wall but this is officially not allowed and you may well be stopped by the farmer.

All walks are approximately one and a half to two miles. 



**"THIS IS MY
FOURTH
YEAR, BUT
ONE IN OUR
GROUP HAS
BEEN
COMING
HERE SINCE
WORLD WAR
TWO!"**

READER'S OWN





John James
finds naked
exhibitionism
in a most
unlikely venue



Gap d'Agde in Camden?

Tattooing

A guide to practices
and places
0891 805 413

All calls are charged at 50p per
minute at all times.

Calls must be made from a push
button phone and users must be a
minimum of 18 years of age.

As anyone who's ever observed the famous Cap d'Agde evening fashion parades knows, many people who spend the days bronzing their bare bodies have an acute sense of how to show them off to best effect during the hours of darkness.

Semi-clad in see-through outfits, fetish and bedroom wear, they enjoy what might be described as night-time naturism, emphasising the erotic attraction of semi-naked flesh. Which is why you find many people who enjoy nude recreation at the numerous adult-oriented events dedicated to body celebration. Fetish clubs are an obvious example, as are tattoo shows. They've long since expanded from mere ink art competitions into an exhibitionists' paradise - but without the entrance criteria of membership to a specialist club.

One particularly enjoyable bash was the first Outpost Expo, held over a Saturday and Sunday in the spring. Although primarily a tattooing event there was enough going on to please everyone and the atmosphere was brilliant.

The Outcasts MC are a motorcycle club who've been running a number of pubs around London for the past few years, each of which has hosted a some wonderfully laid back and enjoyable events. Unlike some "outlaw" clubs, they're a genuinely friendly and welcoming bunch who are simply trying to have a good time in the way they know best. There's no "heaviness" and you won't find any trouble - unless you go looking for it.

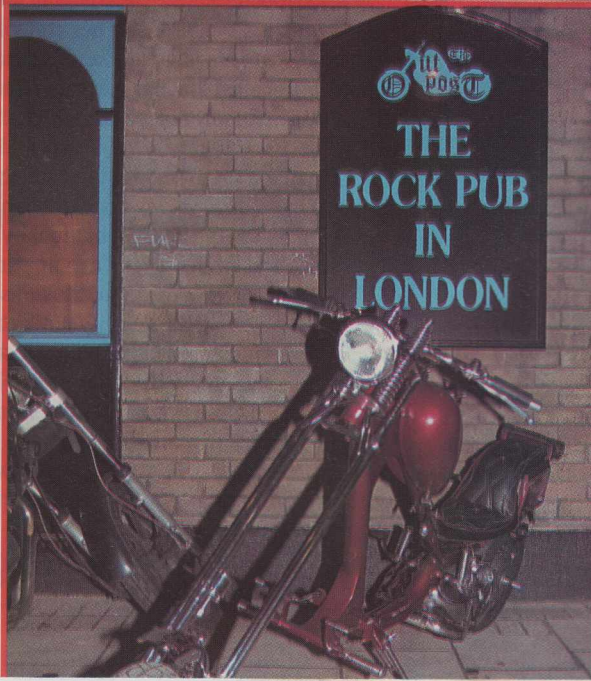
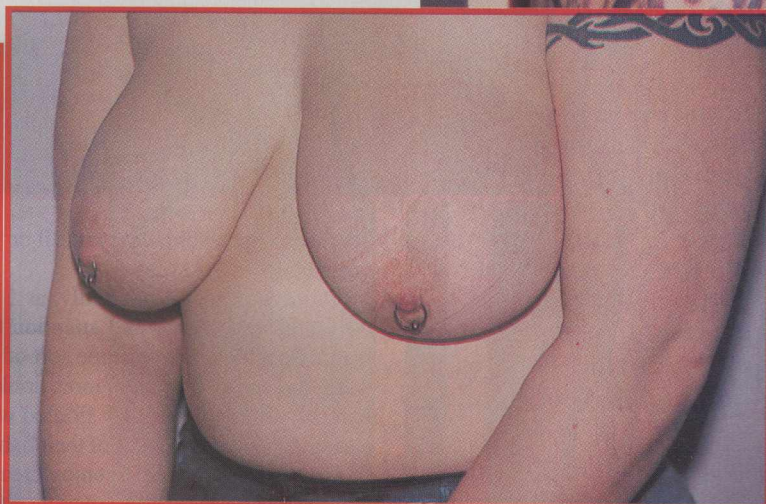
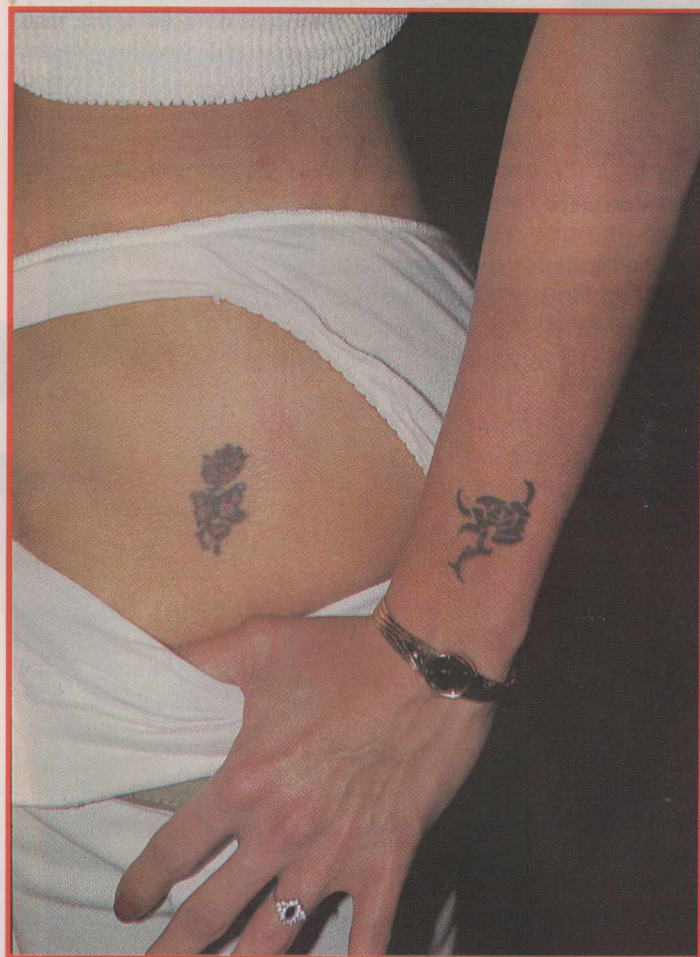
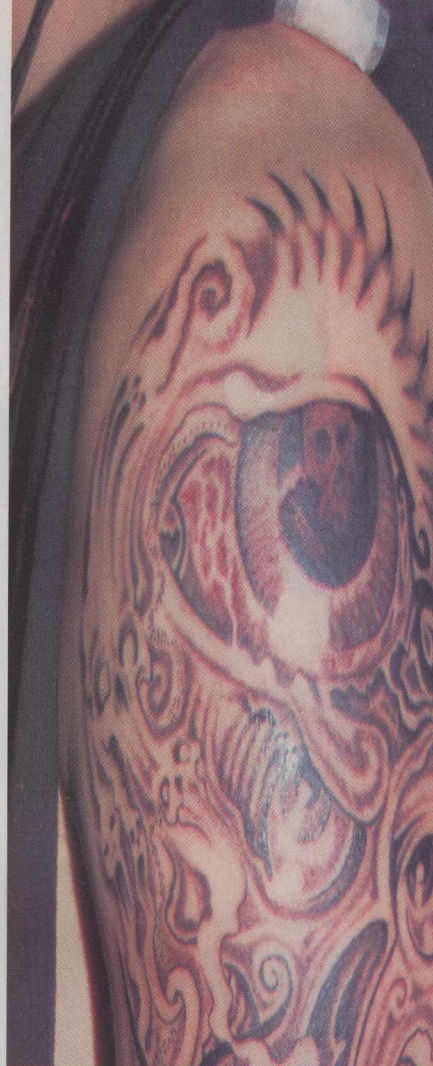
Their current venue, The Outpost, is situated at Lidlington Place, just off Eversholt Street in

Camden and boasts all the usual pub goodies. There's good beer, friendly service, music and live bands, pool tables and regular special events. The Expo attracted a good mix of bikers, scooterists, punks, Goths, Camden crusties and good time party people. As ever, there were some absolutely stunning girls present.

Some of them in the process of peeling back a layer of clothing to reveal an intimately placed tattoo, also revealed a flawless tan. When you're proud of how you've augmented your body, they invariably say, you're happy to show it. The frequent claim that naturism improves body confidence is echoed by devotees of body art.

After a brief conversation and some compliments about my karma, or possibly my sutra, it was hard to tell over the music, Lori, a thirty-something hippy-something revealed that the only thing she preferred to wearing her trademark Glastonbury couture was not wearing it. She also invited me down to Somerset for some naked Shamanic drumming to see in the Solstice. She and her group of friends wouldn't dream of setting foot in a naturist club but still manage to spend most of the summer naked.

More conventionally, meanwhile, Lex from east London had arrived in her shiny black lace-up PVC dress with a group of girlfriends and together they were proving something of a distraction to a lot of people. They were huddled at one end of the back room, giggling and laughing and spilling their drinks down their fronts (no problem when you're in plastic and rubber, naturally). Sue favoured the scarlet woman look, although whether she'd dyed



was mixing vodka with the tattoo ink to achieve a particular grey colour which is ideal for shading large areas of skin. "If you have a large enough design done, like a whole backpiece, you get really pissed!" he laughingly told me. I think I'll investigate and open up the world's first tattoo bar, I reckon there's a good untapped market there.

But first I had to get back to work in this bar. Actually it came to me in the form of a tap on the shoulder from a demure young girl in a fishnet top who wanted me to photograph her tattoos and piercings. Being a gentleman I agreed.

This in turn led to various other miscreants appearing, and whipping out the parts of their anatomies that they thought would make a good picture. One shrinking violet bellowed that he thought his unusually large Prince Albert piercing was an ideal candidate. Unfortunately he slinked off before we made further contact so I instructed my female companion (who'd expressed a profound interest in the monster) to hunt him down.

A few pints later I thought I saw him and demanded he satisfy her curiosity with anatomical proof. He did so with all the reticence of a stripper on piece-work, but the promised hardware was not in evidence. Right leather jacket and back patch, wrong bloke. Big grins all round. We finally appeased her now considerable frustration later with the correct specimen.

Many hours later the night wound up, only to start again a few hours later the next morning. Everyone had a great time and a big thanks must go to the Outcasts MC for putting on such an enjoyable event.

So if you fancy a exhibitionist rather than strictly fetish night out you could do a lot worse than dressing up - or down - and checking out the Outpost. Following rumours that Camden council are planning a change of use of the site, the club may be relocating to new London premises soon. Details of any future events will, as usual, appear in the bike and tattoo press. ■■■

her hair to match her clingy outfit or vice-versa was something I forgot to ask.

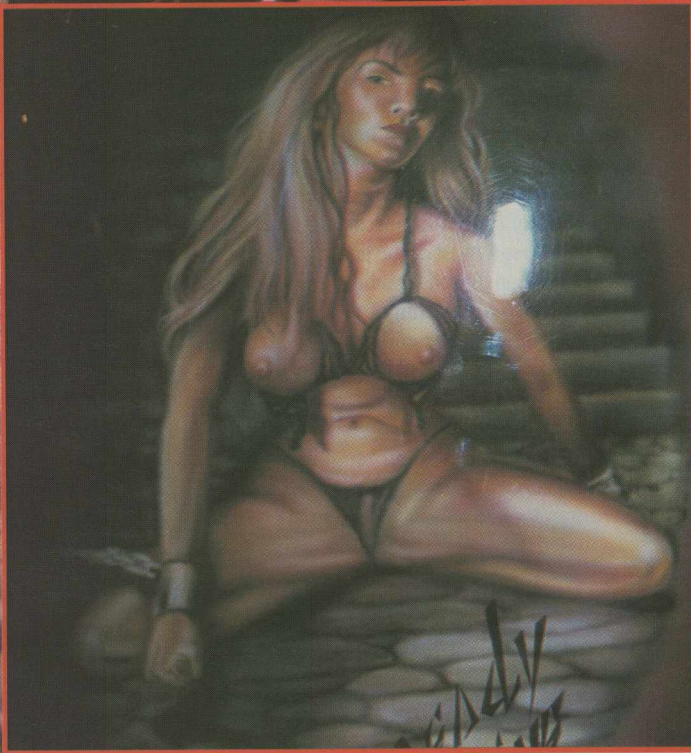
Quite understandable really, as I was having to devote all my energy and attention to keeping the happily posing possé in some sort of order and stop them running out of shot for more drinks or tearing the backdrop down while they fiddled with their skirts and straightened the seams of their fishnets.

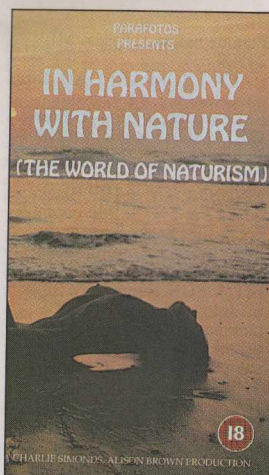
Still, they were there to enjoy themselves so who was I to moan? Sure beats covering the local fête. Just as I was loading yet another roll of film into the steaming camera, a great roar of sound and clouds of smoke signalled that this particular fête was to be one that was definitely not worse than death.

The Undertakers, a rip-roaring rock outfit were taking to the stage bearing their suitably undead lead singer in a coffin. We were soon coughin' (very good-Ed) too due to the dry ice, but luckily nobody got so bad as to need the casket on a more permanent basis.

I went off to the bar for a drink to settle my throat. As I waved my fiver thirstily amid the throng, I got talking to a guy next to me who'd discovered a great way to maintain a suitable alcohol intake while avoiding the crush at the bar. He'd spent a large part of the evening being tattooed by Crow, who normally works out of his studio in Wandsworth but had decided to do his first tattoo convention and had hugely enjoyed the experience.

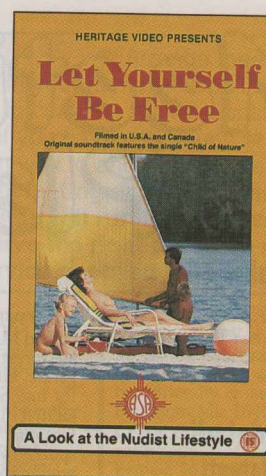
One of Crow's specialities, my new friend told me,





Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this film they present a lively look at naturism and visit naturist resorts in the UK, France, the Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

£21.99 inc UK p&p



This video is one of the most extensive productions undertaken by the American Sunbathing Association, exploring in detail the modern world of nudism. Filmed on location in USA and Canada, it offers a magnificent vista of contemporary nudism. Nudists extol the virtues of our lifestyle through a series of candid interviews. (approx 30 mins)

£16.95 inc UK p&p

ORDER YOUR VIDEO CHOICES ON PAGE 59. TWO NEW VIDEOS SHOWN ON PAGE 71!



From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes)

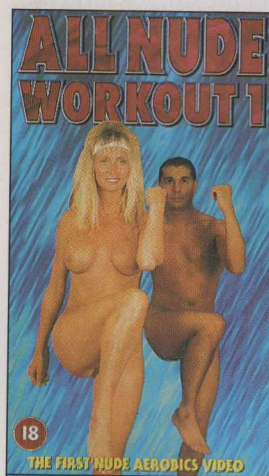
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Someone once said "Anything you can do with clothes - you can do without." Find out if that's true in the first volume of Naked USA (California), featuring Hawaiian wedding, bareback riding, underwater swimming and Black's Beach. (Vol 2 also available - nude skydiving, Indian rituals, hot springs) both approx 60 minutes

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Want to get into shape and keep fit nature's way? Then try this, the first of the Nude Work Out series. Not only can you learn to shape and firm your body, you can feel encouraged by the other naturists taking part in the video work out. (Nude Work Out 2 & 3 - sexual fitness also available) (approx 55 mins)

Work Out 1 or 2 - £19.99 inc UK p&p

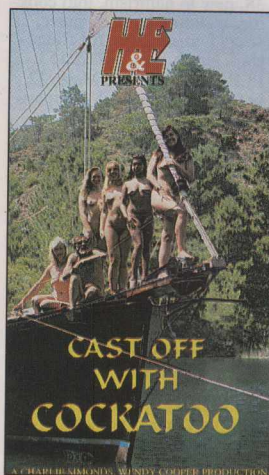
Work Out 3 - £26.99 inc UK p&p



Wendy Cooper and Charlie Simonds provide clear practical guidance on how to start, or improve your video filming technique. This informative and entertaining film is shot in beautiful naturist surroundings. Whatever your level of video expertise, there is something here for you. (approx 55 minutes)

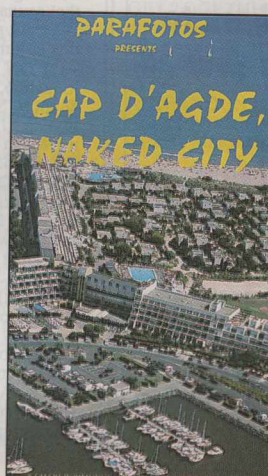
£21.99 inc UK p&p

SUBSCRIBERS SAVE MONEY - SPECIAL DISCOUNTS EVERY MONTH - SEE PAGE 59



The Turquoise Coast of Turkey is the picturesque setting for a naturist sailing holiday aboard the ship Cockatoo. Discover a beach of tortoises, and hunt for ancient treasure underwater. Turkey is a country with a rich and fascinating culture into which you can dip through this Charlie Simond's video (approx 55 minutes)

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Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

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FRIENDS

ALL OVER TAN Slim, tall, tanned Male, 27. Into walks in the forest & gardening. Seeks gentle, kind Female, or couple, for fun. Suffolk. ML 23223

DOING IT TOGETHER Professional Male, 30s, into sports, foreign beaches, skiing, wining/dining, seeks single/couple for friendship. East Anglia/anywhere. ML 22750

NEW TO NATURISM Male, 39, seeks Female, 25-40, from South Wales area, to attend monthly naturist meetings with, start September. Swansea. ML 21578

WINTER WARMER! Male, 60s, seeks to form indoor group, for that nasty winter. Into massage, videos & adult pastimes. Will travel. Surrey. ML 23234

A PERFECT MATCH Are you a keen sports person but lack a partner? Why not place a **FREE** ad in this column and let the games begin!

PLEASED PISCAN Happy, piscine Male, 30. Looking for friendship with reliable Female, not into pub & club scene. Looks unimportant. Cumbria. ML 22065

SOLDIER, SOLDIER British serviceman, 28. Into motor-sports and outdoor life, would like to meet naturists, to show him the way. Newcastle. ML 24718

EXHIBITION CENTRE Attractive couple, 40s, new to naturism, seek retired, discreet Male, with secluded garden, for adult fun. South Coast. ML 21893

NUDE photography M 50's WLTM M or F, 40-70, to share love of nude photography, & to enjoy naked frolics together. Luton. ML 22281

FRIENDS. Easy-going Male, 46, into massage, body painting & nudity. Seeks naturists of all types for socialising, friendship and naturist pursuits. East Yorkshire. ML 24535

A PICTURE OF LIFE Artist lady, 24, into modern art, long walks, naturist beaches & good restaurants. Seeks Male/Female friends, 20s. London. ML 20152

OUCH! Male, 28, seeks anyone interested in walking barefoot. Essex. ML 23049

SHARE YOUR PLEASURE Looking for others to attend that sauna session with you? Why not place a **FREE** ad in this column and raise the heat?

ACT ON THIS Tom Cruise lookalike, 18, 5'6". Into drama & sport. Seeks red-haired Female, 18-25. Can travel, but no Welsh or Irish. Edinburgh. ML 19885

SECONDS OUT Slim guy, 30s, seeks Male, Female, or couples, for interesting fun, with view to forming naturist wrestling club. Wiltshire. ML 20306

THE GAIN IN SPAIN Young, 26 year-old lass, likes holidays in Spain. Seeks Male/Female friends, of any age, to get away with. London ML 21391

WHAT A POSER! Slim, attractive, enthusiastic Male, 28, into photography & modelling.

Seeks friends, 18-35, for naturist fun. Essex/London. ML 24440

WOMEN SEEKING MEN

NEWQUAY ON THE BLOCK Cuddly, naturist Female, 50, seeks Male, for trips abroad & to naturist beaches. Cornwall. ML 23213

NO SWEAT Can't find your perfect woman here? Don't panic! Just ring the Browse Hotline where you'll hear our latest female advertisers before they appear in print.

AWAITING GOOD TIMES Blonde lady, 32, likes fine food/wine, massage, naturist beaches. Seeks passionate, tactile male for fun time. ML 15910

MEN SEEKING WOMEN

THE SONGSMITH Music-writing, medium-built Male, 42. Into theatre, restaurants & cinema. Seeks similar Female. South London. ML 23109

CHESHIRE GRIN Music, cinema, nature, pub & club-loving Male, 40. Seeks Female, 18-30, or couple, for friendship & fun. North Wales. ML 23225

NATURIST CLUB Male, 36, wants to start club, for singles & couples, into adult, naturist activities. Single Females, especially welcome. Leicester. ML 23238

RECLINED NUDE Art-loving, drawing & painting Male, 45.

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Tall, with medium build. Care assistant. WLTM naturist Female, 30+, for fun & more. Exeter. ML 24673

CHESTER BEACH BUM Beach-loving, naturist Male, 27, with medium build & brown hair. Looking for a slim Female, 20-38, to play in the sand. ML 24590

QUALIFIED MASSEUR Happy, outgoing, naturist Male, 59. Enjoys sun-bathing, nude times & giving/getting massage. Seeks similar Female, under 60. Middlesex. ML 22048

STEAMY SESSIONS Fun-loving Male, 39, seeks lady, any age, for naturist fun, jacuzzi & sauna. Staffordshire. ML 22002

OPEN TO IDEAS American guy, 42 year-old, into Videos, DIY, etc. Seeks open-minded female of any age. London. ML 16229

YOGA BARE! Naked yoga exponent, (page 20, August 1997 H&E), Male, 36. Into good times & travel. Seeks Female. Bournemouth. ML 21841

AN ASIAN OCCASION Tall, solvent, Asian M, 27. WLTM attractive F, for horny fun, massage & naturism. London. ML 22418

NOW WE'RE COOKING! Naturist Male, 40. Enjoys swimming, cycling, walking, & cooking. WLTM similar,

Female naturist. Essex. ML

24509

BACK FROM ABROAD Slim, good-looking, 41 year-old. Enjoys pubs, wining & dining. WLTM slim Female, for naturist activities. Norfolk ML 21911

MICRO-CHIP & HIP Black guy, 22 & 5'11". Into computers & fun. Seeks Female, for great times, possible relationship. London. ML 21659

FIT & FUN Happy guy, 30 & 6'. Into scuba, badminton & cinema. Seeks adventurous, bright Female, for beaches, sauna & romance. Kent. ML 21888

HAVE YOUR CAKE... Tall, slim, 27 year-old catering manager, likes good food & the movies. Seeks naturist lady, 20-35. Hampshire. ML 20466

BUDDING ACTOR Tom Cruise lookalike guy, 18. Into pubs, clubs, cinema, sport & music. Seeks slim, ginger-haired girl. Selkirkshire. ML 24447

SOOTHING YOUR ACHES Well-built, tanned, graduate Male, 30s, seeks lady wanting a relaxing & invigorating massage. Herts/Bucks/Cambs. ML 24549

BE MY PARTNER Black-haired, medium built, 32 year-old Londoner, seeks lady for saunas, days out, naturist beaches, theatre & the flicks. ML 20189

NUDE MALE MODEL Clean-shaven, slim, smooth, good-looking M, 25, seeks to model for Female photographers. Nothing physical, & no charge. London. ML 22286

LARGE & LOVELY Brown-haired, brown-eyed Male, 6', with a sporty build, seeks a large lady, to go to nudist clubs & parties with. London. ML 18937

CULTURAL PURSUITS Tall, handsome, athletic Male, 41, intelligent & charming, into beaches, dancing, wining & theatre. Seeks curvaceous, sensual Female. Kent. ML 22261

TEACH ME Student Male, 26, into clubs, saunas, beaches & music. Seeks uninhibited, experienced lady, 30-45, for fun, games & naturism. Birmingham. ML 17897

NAUGHTY BY NATURE 50s Welshman seeks lady companion, slim, active, over 50, intelligent & attractive, into naturist scene. London. ML 21456

WEST END GUY Fit Male, 30s, blue eyes. Into gym & travel. Seeks Female for fun & friendship. West London. ML 22183

GET SHORTY Attractive, slim, short Male, 30, into photography, film, galleries & gigs. Seeks similar, short Female, 20-30. Swansea. ML 21511

THE NOVICE Genuine guy, 38, new to naturism, into cooking, walking, pubs & music, seeks Female, 20+, for friendship. North East. ML 22153

PLEASE, MISS Fit Male, 22, brown eyes, musical, inexperienced, but broad-minded. Seeks Female, 22-35, to lead the way. North West. ML 22963

PIERCED & SHAVED Pierced Male, shaved where it counts, seeks similar woman for good times, & hopefully loving relationship. Hertfordshire. ML 22967

LET'S MEET Large Male, 54, dark hair, 6'. Seeks amicable, younger Female, any nationality, for naturist activities. Kent. ML 22988

BESIDE THE SEASIDE Tall & slim 47 year-old naturist Male, likes saunas, swimming,

massage & sun-bathing. Seeks F, 23-43, to join him at clubs & beaches, & on holidays. Northampton. ML 11238

STEAMY Good-looking Male, 37, slim, blue eyes, non-smoker. Seeks slim Female for sauna, naturist activities & possible relationship. London. ML 20440

BOWL ME OVER! Solvent Male, 39, likes pubs, discos, bowling & health clubs. WLTm bubbly & bouncy naturist Female with similar interests. London. ML 22873

LOVING THE SCENE Active 25 year-old guy, seeks female to go to naturist beaches, parties & the like. East Anglia. ML 18433

GET IN TOUCH! Male, 25, 5'10", new to naturism, likes walking & photography, seeks Female or couple for friendship. Leeds. ML 18487

AUTUMN WARMTH! Don't be alone when the nights draw in. Place your own FREE ad in this column and find yourself a new romance.

LIBRARIAN! African Male seeks mature Female, around 40, to enjoy naturist activities. London. ML 18737

YOU NEED HANDS! Blue-eyed Male, 29, athletic & tanned. Likes walking & the beach. Seeks Female or couple for friendship & fun. North East. ML 20063

UN-CLOTHED FREEDOM Guy, 29, likes going out, naked walks, nude cycling & exhibitionism. Seeks single/couples. North East. ML 20064

KEEN TO LEARN New to naturism Male, 27, into beaches & naturist clubs. Seeks slim, 20-28 year-old Female, with similar interests. Kent. ML 20412

LET'S PARTY! Male, 41, experienced naturist, likes parties, beaches, swimming & music. Seeks open-minded Female, up to 38. Middlesex. ML 20510

GRAB THIS! Well-endowed Male, 39, 6', well-travelled & witty. Seeks mature Female or Females for afternoon, adult fun. North West. ML 22731

MESSAGE MANIA! Fully qualified masseur, 28, 5'6", easy-going with GSOH. Seeks Female company for beaches, clubs & general relaxed fun! Sussex. ML 22830

HANDY MAN! 30, blond hair, green eyes, tall, tanned & athletic. Loves the outdoors. Seeks Female or couples for mutual fun. North East. ML 22901

A NATURAL...! Mature (29! year-old!) student, open-minded & adventurous. WLTm similarly-minded Female for friendship & romance. West Lancashire. ML 11736

A LOT TO OFFER...! Tall, attractive, open, considerate & romantic 29 year-old, into cinema, restaurants, country pubs & travel, seeks a similar Female, 18-35, to share those special moments. West Lancashire. ML 12408

SENSUALITY Tall, smooth, tanned Male. Likes adventure sports and wine/food. Seeks sensual lady for relationship. Lancashire/anywhere. ML 15400

PLAYING IN PLYMOUTH Naturist male, well-endowed, seeks the 'larger'-type Female, under 56, for days/nights on beaches. Plymouth. ML 15818

BLUE-EYED MALE Attractive, 21, 5'10, short dark hair, fun, fit, into pubs, clubs, cinema & sports, seeks Females aged 18-28 for fun & friendship. All replies answered. Southampton. ML 17163

MEN SEEKING MEN

NAKED SPORT 30 year-old Male, into naked night walks & naked cycling. WLTm like-minded guy, for that & maybe more. South London. ML 22370

SMILE PLEASE! Shaven, 5'6", 38 year-old guy. Likes naturism, nudism & photography. Seeks guy to snap him up! North West. ML 23159

HOPEFULLY YOURS Confident, calm & collected Male, 62, seeks Male, of similar age, or slightly younger. Glasgow. ML 23125

WILL YOU TUTOR ME? Clean-shaven, 5'5", slim, inexperienced guy, 49, seeks guy for classes in naturism, photography & adult fun. Cumbria. ML 23050

CULTURE AND MORE Brown-eyed guy, 30, 11 stone & 6'. Enjoys theatre, music, museums, restaurants & occasional scene. Seeks similar guy. London. ML 22333

SIX OF THE BEST! Bisexual

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guy, 43, schoolmaster-type, seeks guy, for mild corporal punishment, within limits, body shaving & short, back & sides. Bournemouth. ML 20657

BI-CURIOUS Good-looking, 6', 12st. Male, 39. Into pubs & music. Seeks gay/bi guy to show the way. Colour/age not important. Blackpool. ML 21581

JUST LOOKING FOR FRIENDSHIP? Leave a free ad on our lines and find people to share your social times with

HAPPY & HANDSOME Nice, older guy, cheerful, optimistic, 60. Seeks very active, young, slim, helpful, cheerful, optimistic guy, 18-25. Essex. ML 22274

A CLOSE SHAVE! Bisexual Male naturist, early-40s, slim & shaven. WLTm bi/gay Male, for fun & friendship. Norfolk. ML 22789

FACE TO FACE Great-looking Male, 22, fit & boyish, seeks dominant, handsome, slim & rippling Male, 48-60. Sussex. ML 23044

ROMPER STOMPER! Professional Male, 56. Likes wining/dining, rambling, travel, theatre & massage. Seeks n/s, younger M, 25-40, to romp around in the nude with! London. ML 20504

LET'S STAY IN Avid naturist Male, 56, bald, 5'8", outgoing. Seeks younger, quiet Male for fun & friendship. Leicestershire. ML 21392

THE HOT STUFF Blond-haired, rugby build, 33 year-old guy, into photography & swimming. Seeks guy for weekday sun worshipping. London. ML 19840

TALL TRANSVESTITE Naturist, 34, seeks guy, 34+, for fun times. West Midlands. ML 20550

FUN AND FRIENDSHIP Bisexual, tall, attractive, 33 year-old professional guy, quiet & friendly, WLTm similar guy or couple, for fun & friendship. Cambridgeshire. ML 12862

PERFECT PLAYMATE Stocky, hairy, 'tached, 48 year-old, former H+E 'Man of the

SAFETY FIRST ♥ Arrange meetings in public place, eg restaurants, pubs etc, not in your home. ♥ Don't give your address until you are sure that you want to continue the relationship. ♥ Trust your instincts and don't meet again if you have any doubt. ♥ On your first meeting, it is best to make your own way to and from the venue.

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Month', WLTm an honest, open, attractive guy, 18+, for possible 1-2-1. Will travel. Wakefield/West Yorkshire. ML 15479

CLOSE SHAVE Gay Male 45, 5'8", slim and clean-shaven! Seeks older Male, 55+, for naturism in your own home. London. ML 16542

WOMEN SEEKING WOMEN

BI JOVE! Bi-sexual woman, 31, into clubs and beaches. Seeks similar woman, to share interests. Can travel. Essex. ML 20183

CURIOSITY Slim, curvy, 31 year-old bi-curious Female & her husband, 28, seek a like-minded lady for fun. Suffolk. ML 22865

FRIEND OR SOULMATE Whatever sort of woman you're looking for, you'll find her far more easily by placing your own ad on these pages. It's fun, it's FREE, and it works.

ENJOY LIFE! Female, 24, likes cinema, restaurants & holidays. Seeks single Female for fun & friendship. Birmingham. ML 20574

BI JOVE! Curious couple, she 31, slim & curvy. He 28. Seek adventurous Female for fun. Suffolk. ML 21334

COUPLES

SNAP HIM UP Tanned, shaven, slightly bisexual guy, 38, 5'6". Seeks couple for fun wanting to photograph him. Lancashire. ML 24838

ELSTREE-SOME Swinging, naturist Male, 29, looking for sexy fun, with a couple, or single Female. Buckinghamshire. ML 22039

ROYAL MALE Tall guy, 30s, seeks bi couple, for fun, frolics & adult games. Can travel &

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accommodate. London. ML 22334

CURIOUS COUPLE Clean & genuine, he, 35, 5'10", she, 45, long hair, very leggy. WLTm bi couple. Can travel/accommodate. Yorkshire. ML 23120

ADULT PARTY Married couple, mid-40s, are holding an adult party in October. All couples & daring young Females welcome. Lincoln. ML 23336

NO PAIN IN SPAIN Slim Male, 41 & shaven, bisexual Female, 35, seek others, for anything but pain, in Spanish villa. Cornwall. ML 24457

BASICS IN LIFE Loyal & fun guy, 33, young-looking, intelligent & confident. Leicester. ML 24610

EXHIBITIONIST Small, stocky, hairy Irishman, 44. WLTm couples, single Males, or single Females interested in

DIY. Cardiff. ML 24624

VERSATILITY A couple aged 33, 34 are interested in meeting other couples for adult fun, both friendly & easy-going. Brighton. ML 16406

COSY COUPLES Down-to-earth couple, Male 30 & Female 26. Into TV & shopping. Seek couple for good times & massages! West Midlands. ML 16228

TWINKLE EYES Broad-minded, black Male, 6'2", well-endowed, seeks broad-minded couples, any age/shape, for adult, fun time. Hertfordshire. ML 23013

MASSAGE ME & THE MRS 40s attractive couple, naturists. Enjoy, massage, adult videos. Seek similar couple. Sussex. ML 22212

FUN BOY THREE Well-endowed black guy, 20s, witty, seeks broad-minded couple, any age or colour, to explore with. Hertfordshire. ML 23005

THE DOTING DUO! Happy couple, she 23, he 24, seek couple for fun, picnics, pubs, clubs & naturist activities. Berkshire. ML 20764

TWO'S COMPANY Attractive exhibitionist couple, he 30, well-endowed, 6', broad shoulders. She 42 & voluptuous. Seek broad-minded voyeurs. Coventry. ML 21302

WATCH THAT SPACE Discreet Male, 50, seeks Female or couple, to observe during intimate moments. Can give advice, too. London. ML 21427

OPEN TO OFFERS Bisexual guy, 40s, seeks bisexual couple for adult fun, friendship & more. East Anglia. ML 22803

AWESOME 4 SOME Attractive couple, he 30, 6', she 42, voluptuous, seek mature bi couple, 50+, attractive, for fun. West Midlands. ML 22866

THREE'S COMPANY 29 year-old Male, would love to meet couples, or singles, into naturism. Paisley/Glasgow. ML 23042

SEXY FUN Happily married, attractive couple, she bi-curious, both 39. Seek attractive, single Female/couples, for adult fun. South Lincolnshire. ML 20096

TRY ANYTHING Exhibitionist Male, 6', medium build & well-endowed, WLTm broad-minded couples or singles. Cumbria. ML 21366

GET TOGETHER Indoor/outdoor naturist Male, 60s, seeks other naturists to set up indoor naturist group. Croydon. ML 21390

AFTERNOON DELIGHT Attractive, clean-shaven and bi-curious Male, 39, seeks mature

couple, for afternoon fun. Blackpool. ML 18483

CAN I JOIN YOU Male, 30, seeks single/couple, for photographs, travel, beaches or massage. Cardiff. ML 18489

HAPPY SNAPPER Cardiff Male, 30, likes sport, massage & photography. Seeks single Female, or couple, to share trips to the beach & swimming. ML 18512

COSY COUPLES Outgoing & friendly Surrey couple, 40s. Seek similar, fun-loving couple, for fun times & friendship. ML 19996

BARBIE TIME Get a group of friends together for that autumn bar-B-Q. Find naturists in your area by placing your FREE ad on the Meeting Place Lines.

RUB DOWN! Qualified masseur Male, 29, seeks Female or couple into H+E & massage. Northern Ireland. ML 20008

WHAT A COUPLE! Professional. She 35, slim & curvy. He 42 & fit. She bi-curious. Seek experienced couple for fun. Hampshire. ML 20423

FUN COUPLE Bisexual lady, 25, & slim Male, 32, attractive & open-minded, seek singles/couples for beaches & adult fun. Kent area. ML 20496

HOT COUPLE Late 30s couple, into photography, parties, videos & massage. Seek couples for fun time. Hampshire. ML 21253

JUST THE COUPLE! Adventurous pair, he 35, black & well-built, she 28, natural blonde. Seek Female or couples for lots of fun. Oxfordshire. ML 21286

MAKING FRIENDS Fit 36 year-old Male, new to naturism. Into massage, swimming & walking, seeks single/couple for friendship. Cornwall. ML 22618

EXHIBITIONIST Naturist Male, 42, 5'10", well-endowed & horny, WLTm an uninhibited, adventurous couple or Female for fun. Nottinghamshire. ML 22713

NEW BUT CURIOUS Attractive couple, late-20s, seek a like-minded Female or couple, under 35, for uninhibited fun. ML 22839

TWO GOOD TWO BE TRUE Mature, professional couple, friendly & open-minded, WLTm other similarly attractive couples for fun & friendship. London. ML 12683

ATTRACTIVE COUPLE Imaginative, attractive, athletic couple, both 35, WLTm similar couples, or horny Female, for hot, safe, uninhibited sessions. Brighton. ML 12548

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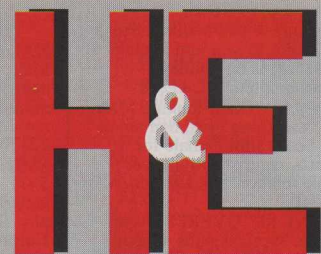
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Cornwall, near Mevagissey. Ideal holiday base close to naturalist beaches. Bed and breakfast in comfortable home. Friendly atmosphere. Singles, couples, reps welcome. Tel: 01726-842547 (910226 9810)

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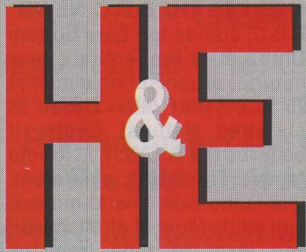
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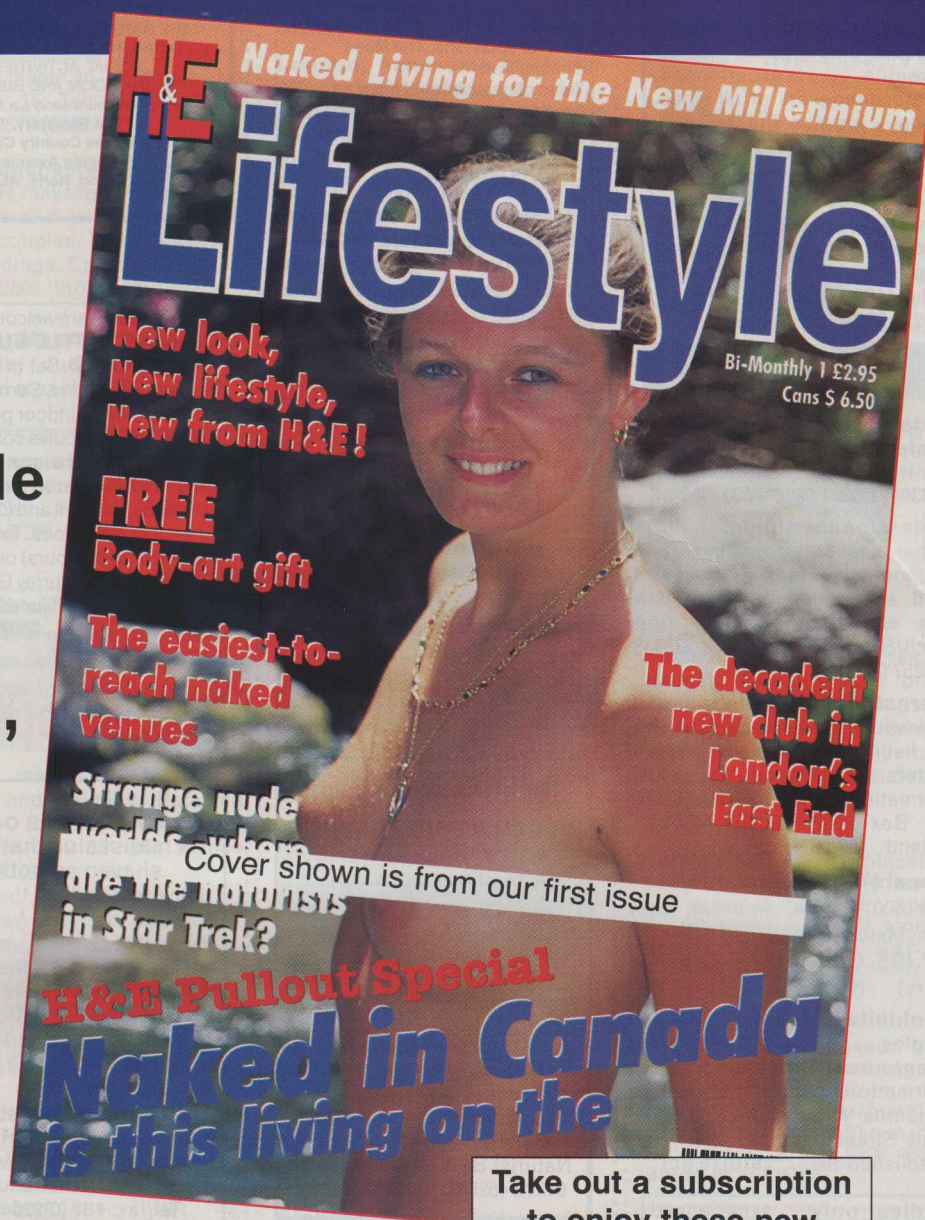
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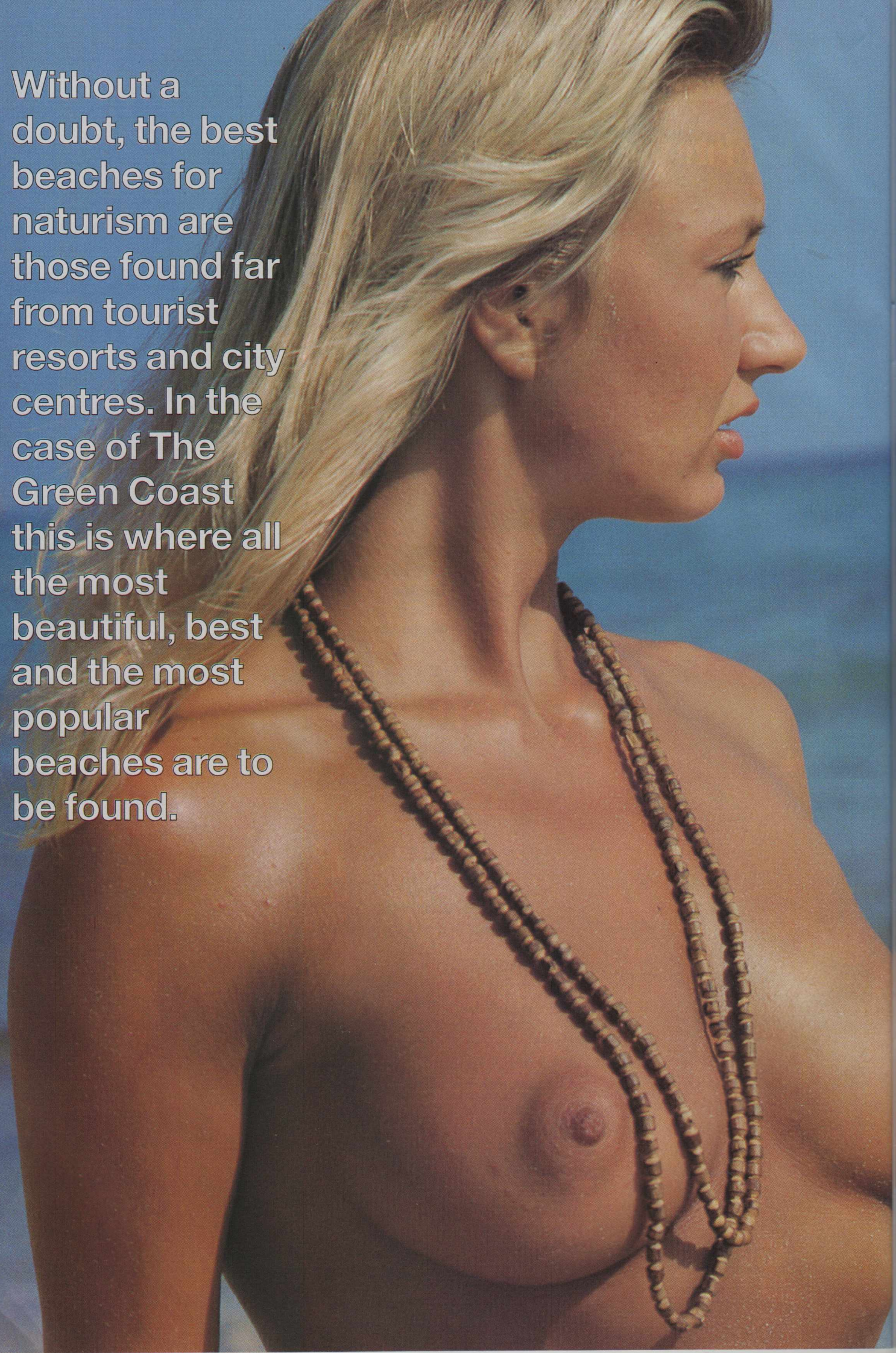
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Explore your naked options



Without a doubt, the best beaches for naturism are those found far from tourist resorts and city centres. In the case of The Green Coast this is where all the most beautiful, best and the most popular beaches are to be found.



Going Green

For miles of unspoilt sand, Spain's Costa Verde is unsurpassed. Luis Cortes takes us for a naturist tour of this underrated, undiscovered and undeveloped gem

For most naturists visiting Spain, the beach is high on their agenda. Four out of five come to enjoy its coastline, which is bathed in sunshine and covered by clean and crystal clear waters. La Costa Verde (The Green Coast), stretches for over 1500km from the French border by the town of Irún to the Portuguese border by the river Miño.

La Costa Verde is graced with more rainfall than the rest of Spain and sunshine is not guaranteed throughout the summer. Naturally, it hasn't been so popular with tourists as the Mediterranean or south coasts. This in itself is a blessing as much of the coastline has not been developed in a similar way to the more popular costas and is able to offer the visitors a more relaxed and natural surroundings.

The further west you travel the more evident this becomes. Almost the entire coastline is backed by the northern mountain range of the Cordillera Cantabrica and succeeded by the Montes Gallegos on the western side. The scenery changes gradually from east to west, from the green coniferous pine forests of the Basque country to the tall and aromatic forests of eucalyptus trees of Galicia. With such a rich and exuberant natural environment many places can be found where naturism can be practised.

Without a doubt, the best beaches for naturism are those found far from tourist resorts and city centres. In the case of The Green Coast this is where all the most beautiful, best and the most popular beaches are to be found.



Let us take you on a tour of a few of the most popular beaches of this coastline, regretfully excluding many beautiful spots which exist, and are just as desirable as the ones I'm about to mention.

Starting in the Basque region, the province of Guipuzcoa, we find our first popular beach near the town of Zarautz. The entire length of this sandy beach is 2.5 km but only a small zone is naturist.

This is right at one end by the golf course, where many textiles mix with the nudists. Windsurfing has become very popular here, even among nudists.

Our next beach takes us into the neighbouring province, Vizcaya. La Cantera beach is situated near the small village of Barrika some 20km east of Bilbao. La Cantera is modest in size but well located geographically and affords some shelter from the sometimes rough seas of the Bay of Biscay. It's quite popular but not overcrowded. Here, all of the population is normally entirely nude with few, if any, textiles.

Moving along to the region of Cantabria is the beach of La Arena, nick-named Los Nudistas which requires no translation! This beach is found on the Ria de Ajo (The Garlic Fjord) by the town of Isla, 35km east of Santander.

The beach does not face the ocean but is part of the fjord and can be classified as an inland beach. It is very popular, due again to the shelter it gives from the strong currents and wind that can sometimes ruin a good beach day. Lots of sand and space with the added security and comfort afforded by its location makes this beach a favourite among families with young children.

Staying in Cantabria, another beach worth mentioning has to be Playa Valdearenas. An awesome 3km long sand bank is its main feature, giving bathing opportunities either facing the ocean or inland. For this reason alone it has become popular especially with naturists, who rule in numbers here. Windsurfing is also very popular at this spot. To find it, head for the town of Liencres which is about 12km west of Santander. The beach is signposted from there.

Leaving Cantabria and entering the Principality of Asturias, the coastline becomes more abrupt the more west we travel, in turn giving us more variety of landscapes and seascapes. The most notable naturist beach we encounter, after entering Asturias, has to be Playa Torimbia near Llanos or Llanes.

Set in a horseshoe bay and backed by a blanket of lush green foliage without a building in sight, it gives the feeling of a wild and virgin territory where you can be at one with nature. Its white sands are ideal for catching that all over tan and is regularly cleaned and raked every day. It also offers the beach goers 600 metres of paradise which is shared with a smaller neighbouring beach Pestaña, also naturist.

Travelling further west you come to Playa Vega, an extensive sandy beach backed by gentle green sloping valleys. Vega is a very popular beach, especially with the textiles, but has a zone reserved for naturist use. If you like wide open spaces then this is the place to visit. Finding it is easy, the turn off for la Vega is at junction 9 of the N-632 national road, found 7km west of Torrelavega.

Before we leave Asturias, one last beach has to be mentioned and this is the beach of Peñarubia, laying close to the city of Gijón. Backed by impressive sheer cliffs, which shelter its golden sands, the beach can be enjoyed on most days, and offers a high degree of services and comfort with the added convenience of



being so close to the city.

Having left Asturias and entering the Kingdom of Galicia, we find Lugo is the first province bereft of naturist beaches. You have to travel further west to the province of La Coruña before once again feeling the sun's rays on your entire body.

Here in Galicia, the possibilities for nude recreation are endless, with over 40 well known naturist beaches. I would undoubtedly run out of magazine space if I were to describe them all, so I'll just mention the top three or four.

The first beach we visit is the very popular beach of Barrañan, a small section of this beach actually named Conbouzas is used entirely for naturism. Its popularity is due to its proximity to the ancient city of La Coruña, and Conbouzas is a short 12km away from its city centre.

Again, this small section of Barrañan (Conbouzas) is surrounded by high green covered mountains, giving the illusion of total isolation from the urban areas which are actually nearby. The naturist beach itself is small by comparison to its neighbouring main textile beach, in all approximately 1.5km. The sea can often be very choppy here and high waves are not uncommon even on the calmest of days.

Passing by many extraordinary and unbelievable scenic beaches, we arrive at our next stop: Castro De Baroña, officially known as Area Longa. Due to the popularity of this site the beach hosts an insufferable number of textiles who completely overrun the beach at weekends, squeezing the naturists to both ends of the beach. Many naturists defiantly parade among the textiles, refusing to be shoved to one corner by the majority. The beach is well signed as a nudist beach, but still the prudes persist. This is not the beach for you if a majority of textiles on a beach intimidates you. To find it, turn into the driveway of the restaurant Castro Baroña after 58km of the C-550 national road. From here it is a 1km walk down a

**"THE BEACH
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POPULAR"**





gentle slope to the beach.


Many more idyllic places exist nearby. Most notable is the area of O' Grove in the province of Pontevedra, which offers a profusion of beaches and coves for naturist use, all within walking distance of one another.

Once you get to the peninsula of Cangas de Morrazo, stay on the C-550 road until you arrive at the small village of Hio. Nearby is Playa Barra, one of Galicia's, if not Spain's, best naturist beaches. In my opinion it can lay claim to being the pearl of Galician naturism. It qualifies for this in many ways; it's an idyllic setting, backed by extensive sand dunes and a thick forest of pines, it is well protected from harsh seas so common of this coast and its white fine sand stretches for 1300 metres. Its waters are shallow and calm and ideal for children to play in.

To end our tour of The Green Coast we must, without a doubt, stop by Figueiras beach, yet another fine example of what this region has to offer to the naturist. Playa Figueiras is not on the mainland but on the island of Monteagudo, which forms part of the Cíes Islands. To reach the island, ferries can be boarded from Vigo's main harbour or Cangas on the north side of the fjord.

The island lays about 7 nautical miles from these ports and the ferry ride takes approximately 50 minutes. There are no cars on the island and the only

possible overnight accommodation is a small camping site. The beach is only 500 metres north from the boarding dock, so it is easy to find. Its waters, although cool, are extremely clean and clear. Luckily the beach is surrounded by a thick pine forest where one can find shelter from the scorching heat if a dip in the sea is not always to your liking or convenience.

That concludes our whirlwind tour of La Costa Verde, so next time you are thinking of a holiday in Spain think Green - where getting close to nature is only natural. 

Naturist beaches and clubs in Europe

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BAB'S DIARY

Escaping the heat... finding paradise

**It's August
and Babs is
desperate
to cool off.
Just when
there
seems to be
no naked
respite, she
and Mike
find a
hedonistic
haven**



On the way to the beach the other day, we stopped for a ramble in some nearby woodlands to cool off from the overpowering heat. It was shady beneath the old pine trees and I soon discovered a huge fallen tree trunk that made an ideal place for naturist photos.

A few days later we went on a search for the river at St Chinean where we had been told there was naturist swimming. The winding roads passed through picturesque countryside of deep gorges covered in thick green vegetation and clusters of little villages surrounded by tree clad mountains.

The River Vernazobre runs through the centre of St Chinean. The water looked so clear and inviting, but this was not the spot we were looking for. There were several people on the banks enjoying themselves but they were all wearing swimsuits.

As we carried along by the river we still couldn't find the naturist part. Mike was starving hungry so we pulled off into a roadside picnic area. By now it was sweltering hot and the multitude of flies was a real nuisance.

Huge black ants were crawling over my feet as I ate and after a while found their way into our bread bag. I didn't enjoy the meal at all. We were soon on our way again, in search of the place to strip off and have a swim.

By now I was feeling rather desperate to cool off as the heat of the afternoon was intense. Suddenly there was light at the end of the tunnel. Paradise at last - a vision of clear water flowing down from the mountains, tumbling over a precipice of rocks and creating a river pool eight feet below. Within seconds we were stripped off and into the enticing water - it was wonderful, absolute solitude. We hadn't found the naturist stop we were looking for, but were happy with our day and rewarded for our perseverance.

This month we were lucky enough to spend a few days in the natural environment of the Var, a special part of Provence they say shows the real nature of the south of France. We were staying in the villa owned by our naturist friends Robert and Nadia. Their villa is like something from a film set, nestling high into the hillside overlooking a huge swimming pool.

It was an ideal setting for naked living and we were able to wander without our clothes through their acres of wild woodland, stepped terraces and little clearings where the aroma of fresh herbs wafted into the air from under our feet.

Robert showed us the site of a "source" on his land - a tiny spring where the water wells up from the earth, and was probably discovered by peasants many years ago. Living up in the hills, a fresh water supply is very important even in this modern age. The scenario reminded me of that wonderful French film "Manon des Sources" as the landscape was so similar.

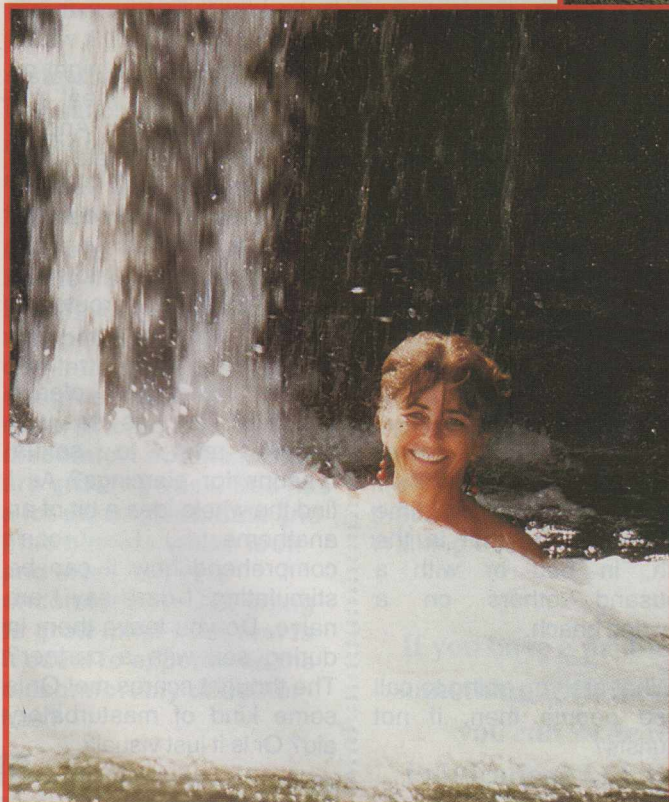
I lazed by the pool, my body like a sacrifice to the sun - it was sheer bliss and total relaxation. Apart from the buzzing of bees on the nearby lavender, an odd voice in the distance, the harsh cry of the magpie or the occasional breeze whispering through the trees, all was calm and quiet. It was just like the land that time forgot.

Each morning I went walking in the steep rugged hills among breathtaking scenery with my friend and her little dog, Milly. Nadia showed me the ruins of a tiny chapel hidden in the trees. Even though it was hundreds of years old, most of the beautiful stone roof remained intact.

This visit was a romantic haven for Mike and I, and we had a most wonderful holiday. Balmy days and sultry evenings, with super company - we didn't want to leave. As we said our farewells I told my friends "your tree house is really phenomenal." If only they had known what took place in the branches. . . but I did notice Robert had a twinkle in his eye! **H&E**



At last, a place to strip off



H&E first time confessions

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DIANA AND GEORGE



Let's talk about clothes:
We went to Majorca this year and took our baby-sitter with us. She has no qualms about nudity so there were no awkward moments. As is usual on our Spanish holidays, we both went topless. Our baby-sitter had packed a one piece costume so she had to roll it down to her waist. She found that a bit of a hindrance.. The price of bikinis out there was ridiculous so I lent her one of mine that I'd bought just before coming away as we're roughly the same size. However, as soon as she entered the water the bikini bottom went completely see-through so that when she came out you could see her pubic hair quite clearly. Why do they make bikinis and swimming costumes in such light impractical fabric?

D Oh no, you've discovered the secret plot. . . to turn everyone into naturists: whether they care to participate or not!

G I'm reminded of the trainers we bought Stuart once. Remember we took them back after one week because they fell apart? The shop asked what he'd used them for and when you said "sport", they replied they weren't meant for that! Presumably the new bikini was only meant for posing around in?

D My suggestion is that the baby-sitter would probably be better off using some of her normal underwear if the same beach circumstances cropped up again. Equally attractive, bought to fit, saves money and you can choose the knickers you know won't go transparent.

G Mind you they might fill up with water and fall off. . .

D Another naturist plot! Actually, everyone seems to be determined to wear garments this month:

I've noticed in some features in H&E that naturists aren't always nude. You had a feature showing some people wrapped up in bandages. I'm quite new to naturism, but to me it means being nude all the time you possibly can and certainly not dressing your body up. When I went to a resort in France I noticed lots of people dressed in the evenings too. Don't you think if we turn a blind eye to this everyone will just start wearing clothes all the time?

G You make nudity sound like a school uniform! Hair no longer than collar length, no button-down collars - give 'em an inch and they'll take a mile. The point is though, that naturists are nude because they choose to be - when it suits them. In the evening, or for a party, they may want to dress up. Others, such as yourself want to be nude every waking minute.

D We're back to the discussion of a couple of months ago about whether people even consider themselves to be a "naturist" if they, for instance, only take their clothes off on a warm beach in the south of France.

G And that's why we're trying to get away from the label "naturist" in H&E. It's for all who enjoy the reality of their own nudity at any time whatsoever, be that in the bath, in bed or with a thousand others on a crowded beach.

S What are you going to call these people then, if not naturists?

D Don't know! The trouble is, as you see, as soon as you give it a name, people try to force it into narrower and narrower definitions which fit in with their own perspective.

G I wonder if it's the same with, say, train-spotting? Are

you an infidel to the trainspotting movement if you only enjoy spotting tube trains, for instance?

S And what if you don't wear an anorak?

Time to change the topic to a few other things to do with your body:-

I've been very interested to see the features on tattoos and piercing in the last few issue of H&E. My wife and I are both 71 and I'd really like to have a barbell and ring fitted to my penis. I imagine the cost would be rather high though and I doubt if we have a clinic near us. This is not for sexual reasons but just for my own pleasure in knowing I'll look OK. Will we be able to visit our local club if we join?

D You mean if you're pierced? Rules vary from club to club, it seems, so ask before you fork out any cash.

G The cost is quite high, but if you were to look upon it as a real treat to yourself, it would be no worse than a night on the town having a meal and visiting the theatre. And at least you'd be left with something for your money! From your address I doubt too if there is one near you, but your nearest large town is bound to have sprouted a piercing parlour by now.

D Will someone please enlighten me as to why people refer to sexual reasons for piercings? As I find the whole idea a bit of an anathema, I can't comprehend how it can be stimulating. I dare say I am naive. Do you leave them in during sex with a partner? The thought scares me! Or is some kind of masturbatory aid? Or is it just visual?

G Or is it just mad? The next writer is being driven mad:

My daughter and I have recently both given birth. We attended a private nursing home, where the



PS. Just to let you know we've had quite a few letters of encouragement for the chap who had been put off naturism at first because of being approached by a persistent man on his first trip to a nude beach. Several people have written to say: until you're confident, go to the beach on crowded days (weekends, good weather). Another suggestion was to join a local swimming or sauna group so you can meet up with others in the same (single) boat.

sisters still believe in natural childbirth so neither of us had an epidural and we were both fully shaved before delivery. I quite like the smooth feeling and I appreciate why people enjoy depilation. However, my daughter has been experiencing a lot of discomfort not the hairs are growing back. She has a lot of rough stubble and little blisters which look and must feel very uncomfortable. I'm going to grow mine back too, is it usual to experience the discomfort my daughter has?

D In my experience, yes. The only comfort I have found is in applying body lotion over the area twice a day which seems to soften the stubble a little. I'm not sure what the blisters are - perhaps your daughter should ask her midwife next

time she visits to check that out. It could just be inflamed hair follicles, as the hair starts to grow back. Of course, itching is the worst thing you can do in the long run even if it is irresistible at the time.

G The worst bit is when it has grown just a little and as you walk the hair at the top of one thigh sticks into the top of the other, not to mention anything else that's hanging around. Walking over a bed of nails

should be a doddle after that!

D Someone once said to me they used candle wax to alleviate the itch and soften the hair. Has anyone else ever tried this?

G Sounds dangerous to me - you could land up with a stubble fire!

D Oh ha, ha, funny, I presume you just rub the candle on, not light the damn thing first!

If you have a problem or you just want to discuss something with George and Diana (and Stuart), you can write to them at New Freedom Publications Ltd, Bow House Business Centre, 153 - 159 Bow Road, London E3 2SE. Send an sae if you'd like a reply. Also, if you have any extra ideas of help and advice for any of the problems aired on these pages, please do write in with them.

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Sun, sea and fun in . . .

CUMBRIA



Swapping the sea for lakes and tarns is a refreshing change

There are numerous swimming opportunities around **Coniston**, and it's possible to even swim in Coniston Water itself. The tarn recommended by David Martin is Blind Tarn, which can be easily reached from the Walna Scar Road. If you're feeling a little more adventurous, explore the moorland and streams of Little Arrow Moor between Torver and the Walna Scar Road.

Tilberthwaite Gill close by Coniston also offers opportunities for the

naked Rambler who doesn't mind getting wet.

Also in this area is **Trout Beck**, a beautiful stream that's also ideal for nude rambling. You will need to wear clothes at the beginning and end of the walk. David Martin recommends you take a Mountain-Goat mini pass to Kirkstone Pass Inn and after climbing and crossing the awesome Threshwaite Cove you can take your clothes off and enjoy the descent following the stream. End your walk at Troutbeck Park.

On the B5300 between Maryport and Silloth is the village of **Beckfoot**. Park on the roadside a mile from the buildings and walk down to the beach via the dunes. At low tide it's even possible to walk naked to the sea. Remember to be discreet when it's busy.

Arnside Nott is another part of the

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coastline that may be of interest to naturists. Go through Arnside village following signs to The Nott but don't turn up the hill, instead continue on towards Newbarns and White Cove. The road here is private and you have to pay a small toll if you use the beach for parking.

Walk southwards along the beach or in the woods behind it, and you'll find bays and coves to explore. **|||**



Naturist beaches and Clubs in the North

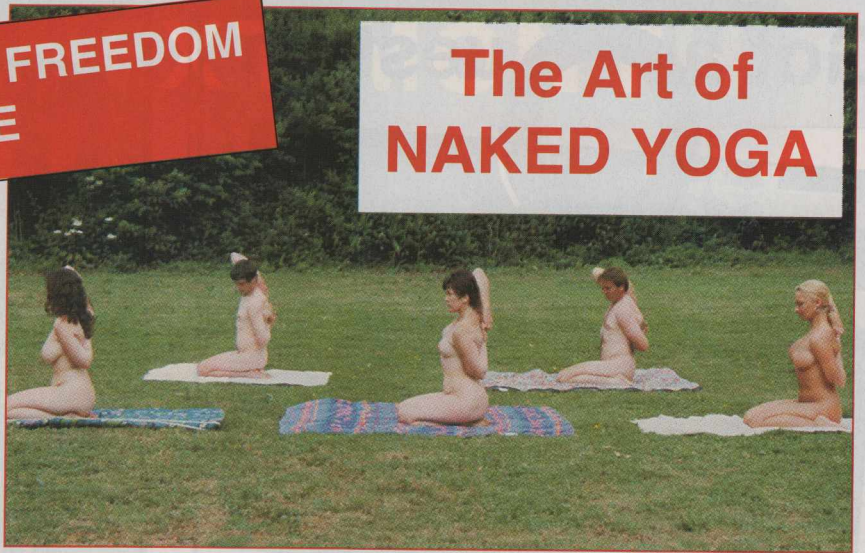
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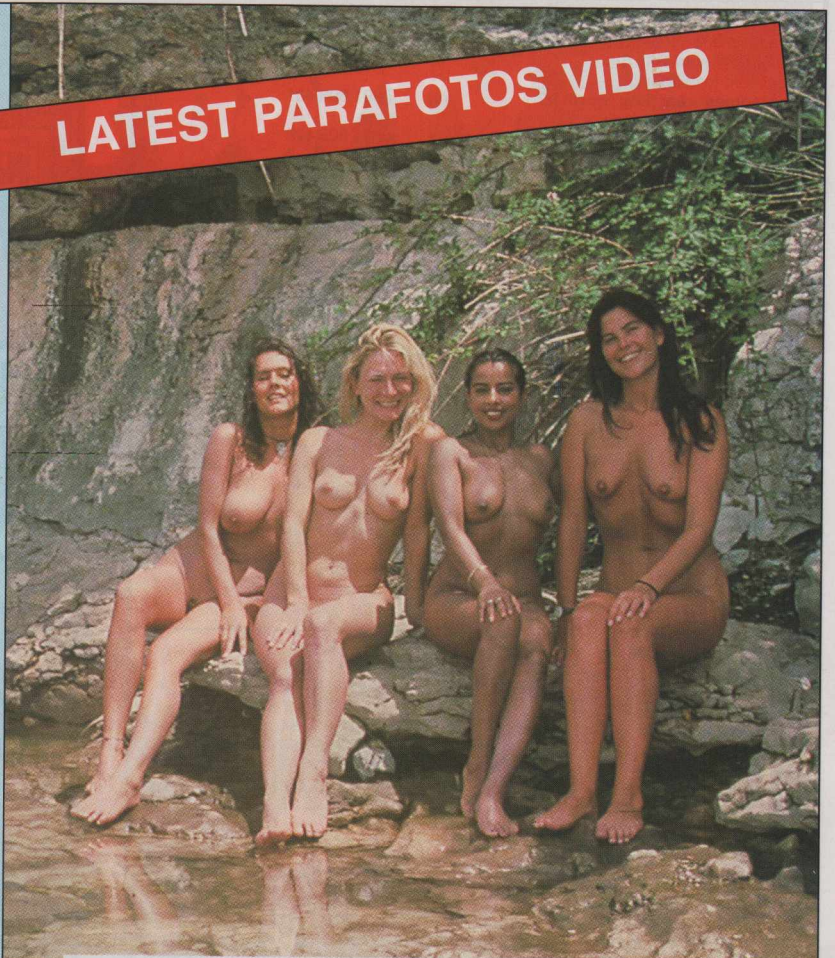
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Many people feel that the French are one of the nations most at ease with social nudity. No surprise that one fifth of the INF naturist guide is devoted to the country's opportunities then! This happy attitude is particularly apparent in the Languedoc region of France. There are over 30 naturist beaches on the 75 mile stretch of coast between Perpignan and Sete, as well as a myriad of inland opportunities. *Lazily Languedoc* is a visual celebration of the time that Charlie, Wendy, Angie, Marieke and Holly enjoyed in the region when they were invited to stay with Michael and Barbara (both regular H&E writers) in their lovely Languedoc summer home (approx 55 mins). A Parafotos video

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